



BEACHBODY
CHALLENGE

GET THE CHANCE TO WIN CASH AND PRIZES

The **Beachbody Challenge™** will give you the motivation and support you need to get in shape with **FOCUS T25**. With peer support and a chance to win cash and prizes*, you'll see results in no time. Then share your results to get a FREE T-shirt and a chance to win more than \$100,000!*

TAKE THE CHALLENGE at takeBBChallenge.com



Before After

Join a
Beachbody Challenge
Starting Week!

GET
YOUR
FREE
T-SHIRT



TOOLS FOR FOCUS T25

Beachbody® miniBAT



Exercise faster and safer, providing resistance for your biceps, triceps, and other upper-body muscles.

Resistance Bands



Get more and support your "batter" with our new protein resistance bands instead of dumbbells.

ESB Energy and Endurance



Boost your energy and endurance, and keep your muscles hydrated at your workout.

BEACHBODY

BEACHBODY



FOCUS
T25
GET IT DONE
NUTRITION



5 INGREDIENTS + 5 MINUTES TO PREP

THE GOAL OF FOCUS T25™?
GET IT DONE.

And that applies
to your diet too.

The Get It Done Nutrition Guide shows you how to make smart, healthy choices so you get it done, and see results.

= A FASTER, FITTER YOU



Counting calories and shopping for healthy ingredients...
You don't need to overhaul your entire life to get results. Just keep it real. Do what you can where you are. But most of all, remember... what you eat does matter.

Force T25 Get It Done Nutrition Guide

G Thomas



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restore energy for the next day's workout. A daily diet that is balanced and nutrient dense will ensure better performance and optimal recovery. For exercise longer than 90 minutes, consume 50 grams of CHO and 12 grams of protein as food or drink immediately during the RFI and 50 grams of CHO every 2 hours for 6 hours. Adequate fluids must be ingested after a mission. Fluid replacement beverages should contain sodium and potassium. Sports bars, gels, and drinks are lightweight, portable, and easy to eat during SOF operations. Optimal Choices for Home Chow: Aim for as many servings of fruits and vegetables as possible. Optimal Choices for Eating Out: Not all restaurants are equal. Choose wisely. Eating out can be healthy if careful meal selections are made. Healthy Snacking: Snacking or eating between regular meals is important to help maximize performance and maintain mental and physical acumen. Healthy snacks can help increase energy and alertness without promoting weight gain. Keep nutrient dense snacks at home, work, or on the go. Snacks for night operations should include foods low in carbohydrate and high in protein. Snacks high in water, such as fruit, are great for warm weather operations. Snacks high in carbohydrate are good to consume when exercising in the cold. Secrets to Keeping Lean as a Fighting Machine: Consumption of carbohydrate (CHO) in defined amounts is the most important fuel strategy for all forms of exercise. CHO ingestion improves the use of amino acids when they are ingested together. Drinking too much plain water can pose performance pitfalls during prolonged missions. exercise sessions that involve constant movement. Bulking Up: Looking for the Edge. Dietary Supplements. Enemy Agents. Combat Rations. Eating Globally. Mission Nutrition for Combat Effectiveness. Returning to Home Base. The High Mileage SOF Warrior. Sustaining Health for the Long Term Warrior.

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