

FREE GIFTS!



You put in the work to achieve your goals with Beachbody. Now, it's time to reap the rewards. Enter and submit your transformation results into the Beachbody Challenge contest by the end of 2021, and you'll not only have a chance to win big cash prizes, but we'll also send you a FREE GIFT.*

For a limited time, expiring May 31, 2021, enter your results from 9 Week Control Freak to receive a free 9 WEEK CONTROL FREAK TANK;* enter your results from 30 Day Breakaway to receive a free 30 DAY BREAKAWAY 5K MEDAL.* All other contestants (who attribute their results to other Beachbody programs) will qualify for a FREE "I Don't Give Up Ever" shirt.*

*For a limited time, you can claim two gifts at a time—a 9 Week Control Freak tank and a 30 Day Breakaway 5K medal—up to a cumulative total of one unit of each gift, while supplies last.

SIZE GUIDE

(All measurements are in inches.)

CHEST

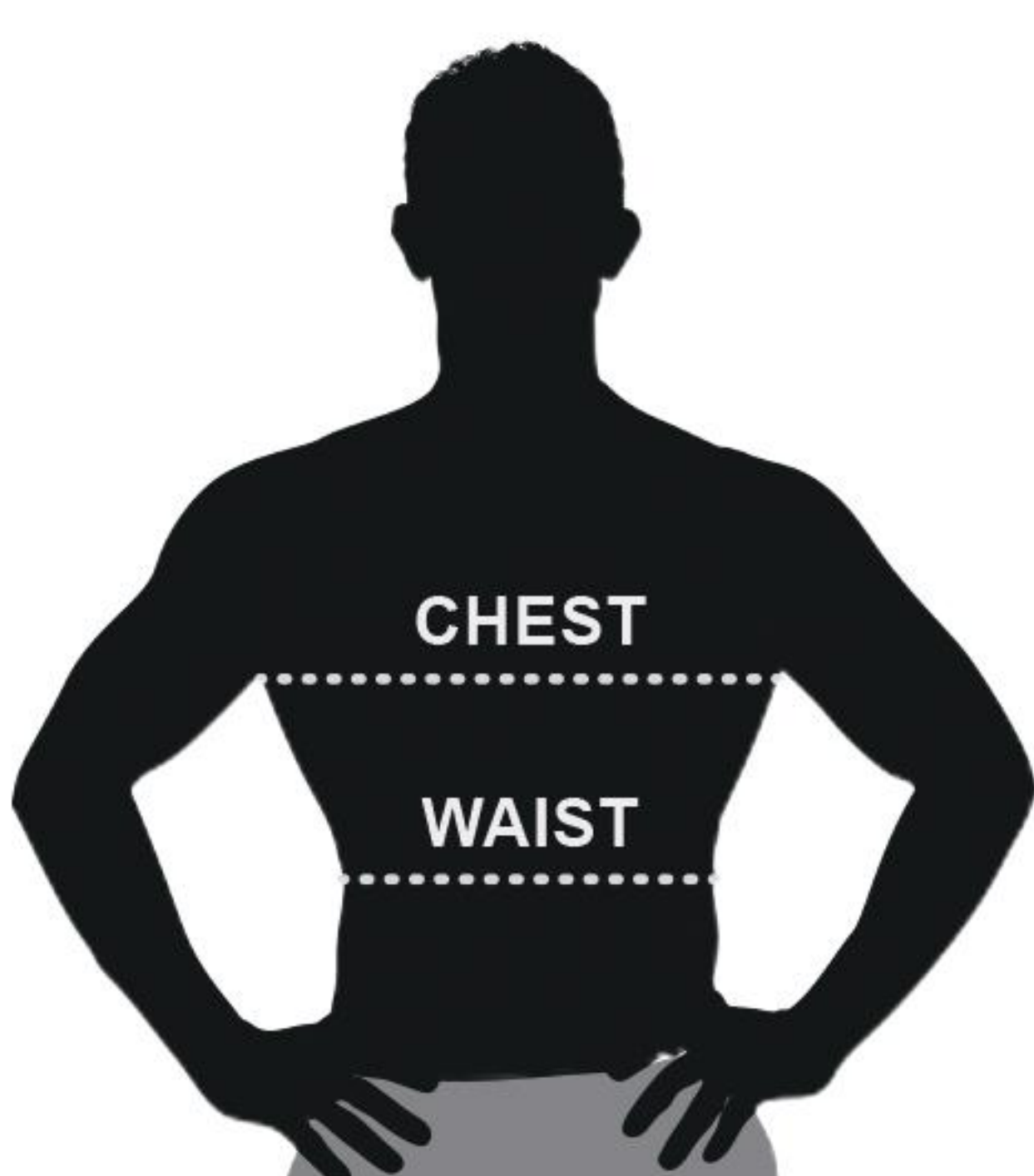
With arms relaxed down at your sides, measure the fullest part of your bust, keeping the measuring tape parallel to the floor.

WAIST

Measure around your natural waistline, which is the smallest part of your waist.



| WOMEN'S SIZES | CHEST | WAIST |
|---------------|----------|----------|
| S | 29 – 32" | 23 – 26" |
| M | 32 – 35" | 26 – 29" |
| L | 35 – 38" | 29 – 32" |
| XL | 38 – 41" | 32 – 35" |
| XXL | 41 – 44" | 35 – 38" |



| MEN'S SIZES | CHEST | WAIST |
|-------------|----------|----------|
| S | 35 – 38" | 29 – 32" |
| M | 38 – 41" | 32 – 35" |
| L | 41 – 44" | 35 – 38" |
| XL | 44 – 48" | 38 – 42" |
| XXL | 48 – 53" | 42 – 46" |

*Free gift available only while supplies last.