

Beachbody Ultimate Reset™ – FREQUENTLY ASKED QUESTIONS

General FAQ

Can/should I continue my medication while on the Beachbody Ultimate Reset™?

"Yes" is the easy answer, but you should always consult your physician before beginning this program to be sure that this Reset won't interfere with any treatments or conditions. The variations are infinite, so please make sure you're well informed as to whether your situation is compatible with this program. If it's not, please return the product for a full refund of your purchase price.

Should I continue with my current vitamin and supplement program during the Beachbody Ultimate Reset?

No. The Ultimate Reset has been carefully formulated and tested to ensure you'll be getting all the vitamins and nutrients you need during all three phases. Again, however, if you're taking vitamins or supplements for any specific nutritional or medical condition, you should first consult with your physician before altering your regimen.

Can I do the Beachbody Ultimate Reset while pregnant or nursing?

No, it's best to wait.

Is there any "cheating" allowed while on the Beachbody Ultimate Reset?

The Ultimate Reset is not a diet; it is a detox program. So try to view it as such. (A person who is on a program to quit smoking doesn't cheat from time to time with the intent of eliminating the addiction to nicotine, right?) To answer your question more directly, no, there's no cheating allowed. However, if you find yourself in need of a little something extra to eat, just be sure to stay in line with the phase you're in. For example, in the Release Phase (Week 2), there's no meat or dairy allowed. So if you need more food, make sure it's a fruit, vegetable, or whole grain.

What happens if I cheat during the Beachbody Ultimate Reset?

Get right back on the program, and don't beat yourself up about it.

Should my 15-year-old son and my 13-year-old daughter do the Beachbody Ultimate Reset?

No. Although they may benefit from many elements of the Ultimate Reset, it's best not to follow this program until you're 18 years old. Remember, as we move through puberty to adulthood, there are already a great many processes and "resets" occurring within the body. It's best to wait until these are complete. But that doesn't mean you shouldn't include your children in your journey. They can learn how to eat more healthily and experiment with the foods we advocate within the program, which *can* be shared by the whole family, regardless of age.

Will the Beachbody Ultimate Reset help with constipation?

Yes. Barring any serious medical conditions, the Reset's three-phase meal plan and supplement protocol will help with regularity and constipation.

Why no laxatives or enemas, as in other cleanses?

The Ultimate Reset is not a quick fix. It's about reaching an overall state of well-being. We're working gently with the body to help bring it back to what it does naturally, rather than relying on such invasive measures.

Can I continue with the supplements after I've completed my Reset?

Yes. The Beachbody Ultimate Reset Maintenance Kit and the six individual supplements are available for purchase (available through Home Direct). By taking the supplements after the Reset, you are taking an important step in maintaining your Ultimate Reset results and in optimizing your health from the inside out.

I am having difficulty cooking all the food. Can I buy packaged food that is precooked or premade at a deli counter? What about from a restaurant?

The Beachbody Ultimate Reset is a whole-body experience. Part of that experience is preparing and eating your own food. If you have a tight schedule, you may refer to the Food Prep Tips in the Weekly Meal Plans for ideas on how to save time. If you are traveling or unable to cook your own foods, we highly recommend you eat as closely to the Weekly Meal Plans as possible and choose foods from trusted healthy sources, such as Whole Foods or a vegan restaurant.

Is the Beachbody Ultimate Reset gluten free?

The products have been formulated with gluten-free ingredients. The facility where they are made has not been certified to be gluten free.

Is the Beachbody Ultimate Reset safe for diabetics?

The Beachbody Ultimate Reset is a supplement and diet regime with foods and supplements we believe to be helpful for those with dietary concerns. However, as with any new supplement or nutrition program, please consult your healthcare professional before beginning the Beachbody Ultimate Reset program, especially if you have any unique medical conditions.

Can I make money selling the Beachbody Ultimate Reset?

OK, you might not have asked that, but we're going to take this opportunity to tell you that you can. In the midst of this program, we expect that you'll feel incredible, perhaps even euphoric, thanks to the elimination of toxins from your body. You may not be able to refrain from describing the elation to anyone who will listen. And what happens next is usually that people say, "Where can I get it?"

We believe that if your healthy lifestyle choices result in demand for our products, you deserve to get paid for it. Talk to the Coach who introduced you to the Beachbody Ultimate Reset, or go to TeamBeachbody.com for more information.

NOTE: Consult with your physician before beginning the Beachbody Ultimate Reset program if you have digestive, blood sugar, or any other similar or unique medical conditions. If you experience nausea, dizziness, vomiting, or other severe reactions

to this program, stop the Beachbody Ultimate Reset immediately and contact your physician. Do not resume until your medical professional has assured you it is safe to do so.

Coach FAQ

How can I use Beachbody Ultimate Reset to drive my existing business?

- Bring fresh news to your customers with the newest revolutionary detox program from Beachbody®!
- Reconnect with customers who have previously purchased a Beachbody product from you, letting them know the benefits of Ultimate Reset.
- Attract new customers who are looking for a detox/cleanse program.

How do I earn revenue on Beachbody Ultimate Reset?

You'll receive the usual TeamBeachbody.com discounts and Coach compensation/discount for selling Ultimate Reset.

1. What are the different product offerings for Ultimate Reset?

	Description	Retail	S&H	CV	PV	Coach Commission
Beachbody Ultimate Reset	<ul style="list-style-type: none"> • 1st Shipment: Complete Kit – 1x 	\$229.95	\$18.97	135	170	\$57.49
Beachbody Ultimate Reset with Deluxe HD	<ul style="list-style-type: none"> • 1st Shipment: Complete Kit – 1x • Next Shipments: Maintenance Kit – HD* 	\$229.95 \$99.95	Free Free	135 60	170 75	\$57.49 \$14.99
Beachbody Ultimate Reset with Ultimate HD	<ul style="list-style-type: none"> • 1st Shipment: Complete Kit – 1x • Next Shipments:* <ul style="list-style-type: none"> ○ Maintenance Kit – HD ○ Shakeology® Tropical Strawberry – HD (Bag or Packets) 	\$229.95 \$229.90	Free Free	135 135	170 170	\$57.49 \$57.49
Beachbody Ultimate Reset Challenge Pack	<ul style="list-style-type: none"> • 1st Shipment: <ul style="list-style-type: none"> ○ Complete Kit – 1x ○ Shakeology Tropical Strawberry – HD (Bag or Packets) • Next Shipments:* <ul style="list-style-type: none"> ○ Maintenance Kit – HD ○ Shakeology Tropical Strawberry – HD (Bag or Packets) 	\$305.00 \$229.90	Free Free	80 135	270 170	\$105.00 \$57.49

*After 30-Days

	Description	Price	S&H	CV	PV	Coach Commission
Maintenance Kit	<ul style="list-style-type: none"> • Alkalinize + Optimize – 1x or HD 	\$99.95	\$8.25/ Free	60	75	\$14.99

	Description	Price	S&H	CV	PV	Coach Commission
Individual SKUs	<ul style="list-style-type: none"> • Alkalinize – 1x or HD 	\$49.95	\$5.95/Free	30	37	\$12.49
	<ul style="list-style-type: none"> • Optimize- –1x or HD 	\$59.95	\$5.95/Free	34	45	\$14.99

• Detox – 1x or HD	\$69.95	\$5.95/Free	52	42	\$17.49
• Revitalize – 1x or HD	\$34.95	\$5.95/Free	21	26	\$8.74
• Mineralize – 1x or HD	\$15.95	\$5.95**	18	22	\$3.99
• Oxygenize – 1x or HD	\$29.95	\$5.95**	10	12	\$7.49
• Mineralize + Oxygenize – HD	\$45.90	Free	28	34	\$11.48
• Dry Brush	\$19.95	\$5.95	12	15	\$4.99

**** Free shipping only available if Mineralize and Oxygenize are purchased together in HD.**

Does the Beachbody Ultimate Reset have a Maintenance Kit offering?

Yes, the Beachbody Ultimate Reset Maintenance Kit and all six individual supplements in the Complete Kit are available for purchase for post-Reset supplementation. All are available for sale as one-time or HD purchase.

Is the Beachbody Ultimate Reset Maintenance Kit HD available for individual purchase without the purchase of a Deluxe, Ultimate, or Challenge Pack? (I'm not seeing it available for individual purchase through Team Beachbody®.)

The Beachbody Ultimate Reset will indeed be available for purchase separately. It will be available for purchase through Team Beachbody on May 3rd.

Does Beachbody Ultimate Reset have a Challenge Pack?

Yes, the Ultimate Reset Challenge Pack includes shipments of one Complete Kit and one 30-day supply of Shakeology® Tropical Strawberry in the first shipment, and monthly HD shipments of the Maintenance Kit and Shakeology Tropical Strawberry.

Can existing Coaches purchase the Ultimate Reset Challenge Pack when it's released?

No, existing Coaches are not able to purchase any Challenge Packs. However, they are available to new Coaches signing up through the Coach sign-up flow.

Are there support materials available for me to use to sell this product?

Yes! Please check the Coach Online Office for Ultimate Reset support materials (e.g., product training guide, talking points, sample emails, sample social media posts, eCards, banners).

Is there a product training guide available for me to use to sell this product?

Yes, a product training guide can be downloaded from the Coach Online Office.

What is the Participant Portal?

The Participant Portal is an online support tool for those who have purchased Beachbody Ultimate Reset. It has exclusive content including easy-to-follow daily schedules, cooking videos, shopping lists, fitness and wellness tips, and science and nutrition information! The Participant Portal can be accessed from your desktop or laptop, your tablets, and your mobile smartphones.

How can I get access to the Participant Portal?

You can log in to the Participant Portal within 30 minutes after your Beachbody Ultimate Reset transaction is completed. After your purchase, follow the steps below:

1. Go to UltimateReset.com.
2. Click on the Participant Portal (upper right side of the screen).
3. Log in using your Team Beachbody account email address and password.

I cannot access the Participant Portal. What did I do wrong?

1. You will only have access to the Participant Portal upon purchase of Beachbody Ultimate Reset.
2. You will continue to have access to the Participant Portal for 90 days from your date of purchase.
3. Logging into TeamBeachbody.com automatically logs you into the Participant Portal and vice versa.
4. If you still cannot access the Participant Portal but have purchased Ultimate Reset and are logged into TeamBeachbody.com, you may be accessing older Web site content found in your cache. Clear your cache and try to log in again.

Does the Beachbody Ultimate Reset have a 30-day Money-Back Guarantee?

Yes, there is a 30-day Money-Back Guarantee.

30-day Money-Back Guarantee

We're so sure you'll love this program, we're giving you our 30-day money-back guarantee. If you're not completely satisfied, simply call Customer Service to return the Beachbody Ultimate Reset within 30 days from purchase for a full refund of the purchase price (less s&h).

Where can I get additional product information about Ultimate Reset?

Visit UltimateReset.com to get more detailed product information (including videos/testimonials, samples of daily regimen, etc.).