10 Rounds™ Sample Workout
This sweat-drenching boxing program delivers a maximum cardio burn by combining technique, repetition, and intensity for an incredible TOTAL-body workout.

Shaun T’s BOD Exclusives
These quick, effective and fun workouts will give you a taste of all the programs from Super Trainer Shaun T. Whether you’re just ramping up your fitness or digging deeper, Shaun will inspire you to work your entire body.

6 Weeks of THE WORK™ Sample Workout
Leave your excuses at the door. For six intense weeks, you’ll take on relentless functional training to help you gain muscle, drop body fat, and achieve results you’ve never experienced before.

21 Day Fix® Real Time Sample Workout
Get a major calorie burn, tone your muscles, and lose up to 15 pounds in 21 days with a different 30-minute real-time workout every day. Build on the moves weekly to get total-body results, faster.

Transform :20® Sample Workout
This high-intensity, six-week workout and nutrition program will help transform your body and mind in just 20 minutes a day.

Clean Week®
A seven-day fitness and nutrition program designed to help you kick-start healthy habits that get real results and can lead to a lifestyle change that sticks!

Barre Blend™ Sample Workout
Create a lean, toned physique through a fun fusion of ballet barre, Pilates, and cardio interval training. Feel the burn as you sweat, stretch, and strengthen to energize your entire body.

4 Weeks of THE PREP™ Sample Workout
Challenge yourself with a series of functional training workouts designed to help get your body and mind ready for 6 Weeks of THE WORK or any advanced Beachbody program.

Morning Meltdown 100® Sample Workout
Torch calories with high-intensity cardio and resistance training, while a live DJ turns up the energy as you burn off pounds. Your goal: complete 100 workouts and unlock the best version of you.

21 Day Fix EXTREME® Real Time Sample Workout
Get serious results in 21 days with portion control and intense 30-minute workouts that progress from week to week for faster results.

Mes de Más® (Spanish) Sample Workout
Get a great workout AND practice your Spanish with Beachbody’s first ever Spanish program!Combo cardio and strength training moves are great for any beginner to get into a daily routine of exercise and get great results!