

SAMPLE WORKOUTS AVAILABLE ON



Check out FREE sample workouts from some of Beachbody's top fitness programs below. A Beachbody On Demand membership is required to access the full programs.

645 Sample Workout

Build strength, power, and mobility in this full-body strength and cardio workout in just 45 minutes to help you reach your peak.

▶ START WORKOUT

BODi™ Sample Workout

Get a taste of the immersive studio classes you'll experience with BODi! BODi Burn with Autumn Calabrese features easy to follow high intensity intervals that integrate standing and floor based exercises that will keep your heart pounding and sweat pouring. So keep a towel handy and a water bottle on standby.

▶ START WORKOUT

LET'S GET UP!™ Sample Workout

Dance, sweat, and live your best life with this easy-to-follow dance workout.

▶ START WORKOUT

Unstress Sample Meditation™ Sample

Breathe and get centered with a sample meditation from Unstress: 21 Days of Meditation for Relaxation, Calm and Less Anxiety. In this meditation you'll create and set a purpose for the day in your mind and heart.

▶ START WORKOUT

9 Week Control Freak™ Sample Workout

This high-intensity sweat sesh can be done with or without equipment. Either way, you'll feel the burn and burn crazy calories as you give Autumn your max effort in every Tabata-style interval.

▶ START WORKOUT

30 Day Breakaway™ Sample Workout

Get a taste of Idalis' strength-training workouts with this total-body resistance session, and get a glimpse at a treadmill run workout.

▶ START WORKOUT

#mbf™ Sample Workout

Stay on beat in this full-body strength and cardio workout that proves you can build muscle and torch fat in just 30 minutes a day.

▶ START WORKOUT

#mbfa™ Sample Workout

Stay on beat to burn fat and build lean muscle in this full-body workout that incorporates strength training and cardio.

▶ START WORKOUT

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.

▶ START WORKOUT

Barre Blend® Sample Workout

This sample workout features moves that you will do throughout the Barre Blend program. Get ready to DEFY YOUR LIMITS and DEFINE YOUR BODY.

▶ START WORKOUT

Pre & Post Natal Barre Blend® Sample Workout

Experience the elevation of pre- & postnatal fitness with this sample workout.

▶ START WORKOUT

6 Weeks of THE WORK™ Sample Workout

This sample workout features moves that you will do throughout the 6 Weeks of THE WORK program. Get ready to work!

▶ START WORKOUT

4 Weeks of THE PREP™ Sample Workout

This sample workout features moves that you will do throughout 4 Weeks of THE PREP.

▶ START WORKOUT

LIIFT4® Sample Workout

Combines heavy lifting and intense cardio to transform your body in 4 days a week. And with 32 unique, real-time workouts, you'll never get bored, because you'll never do the same one twice.

▶ START WORKOUT

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.

▶ START WORKOUT

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.

▶ START WORKOUT

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.

▶ START 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.

▶ START WORKOUT

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.

▶ START WORKOUT

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!

▶ START WORKOUT

Mes de Más® (Spanish) Sample Workout

Try this short, no equipment workout for free to meet Idalis and learn more about 30 day fitness program, Mes de Más!

▶ START WORKOUT