



## Instructions – How to Use This Guide

In this guide, you will find shareable Facebook® posts, including tips, recipes, videos®, and more, that correspond to each week of your LES MILLS PUMP Challenge Group. These are suggested posts to help you manage your Group, but feel free to mix them up to suit the needs of your Team.

**Take these steps before your Group starts:**

- 1) Set up Facebook group
- 2) Send out the Participant Guide to the Group
- 3) Post Week 0 topics to your Facebook group

### NOTE REGARDING LINKS:

This Weekly Coaching Guide contains links to products, tools, and resources on TeamBeachbody.com. To ensure you receive credit for any sales made through these links, simply append the following text shown in bold (inserting your OWN Coach repID) to the end of the URL, and paste the link into Facebook:

**?referringRepId=[yourID]**

Example for Coach with repID of 2422 linking to LES MILLS PUMP page:

<http://www.teambeachbody.com/show-lesmills-lesmills-pump.aspx?referringRepId=2422>

### TRAINER VIDEOS:

Here is a list of all the weekly videos from Joel and Jericho to motivate and guide your Group through their journey. They are listed here so you have easy access to the links, but they are also listed in the weekly posts.

Week 1: [http://youtu.be/0Xak-a\\_u80c](http://youtu.be/0Xak-a_u80c)

Week 2: <http://youtu.be/Saoo84GDeTs>

Week 3: <http://youtu.be/0icUWk5dYic>

Week 4: <http://youtu.be/mzOk1JgPP08>

Week 5: <http://youtu.be/1H0wead7XNM>

Week 6: <http://youtu.be/nuRqjF0ULH4>

Week 7: <http://youtu.be/02mat93vH58>

Week 8: <http://youtu.be/Td13d1d80w8>

Week 9: <http://youtu.be/21RPu8Up35s>

Week 10: <http://youtu.be/5u08P1w8tCE>

Week 11: <http://youtu.be/C58Q3WwFg>

Week 12: <http://youtu.be/7n7DwD84u8>

Week 13: <http://youtu.be/tpF08pTJ8w8>

\*All trainer videos are also available in the Video Library in the Coach Online Office.

# Les Mills Pump 90 Day Challenge Guide

**SA Dillow**



**Les Mills Pump 90 Day Challenge Guide:**

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