



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

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/nuRqjF0ULHk>

Week 7: <http://youtu.be/02met83vH58>

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/7n7Dw084u8>

Week 13: <http://youtu.be/8pF08pTJ8w8>

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

Les Mills Pump 90 Day Challenge Guide

Marco Cascella

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Les Mills Pump 90 Day Challenge Guide:

This book delves into Les Mills Pump 90 Day Challenge Guide. Les Mills Pump 90 Day Challenge Guide is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Les Mills Pump 90 Day Challenge Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Les Mills Pump 90 Day Challenge Guide
 - Chapter 2: Essential Elements of Les Mills Pump 90 Day Challenge Guide
 - Chapter 3: Les Mills Pump 90 Day Challenge Guide in Everyday Life
 - Chapter 4: Les Mills Pump 90 Day Challenge Guide in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Les Mills Pump 90 Day Challenge Guide. The first chapter will explore what Les Mills Pump 90 Day Challenge Guide is, why Les Mills Pump 90 Day Challenge Guide is vital, and how to effectively learn about Les Mills Pump 90 Day Challenge Guide.
3. In chapter 2, this book will delve into the foundational concepts of Les Mills Pump 90 Day Challenge Guide. This chapter will elucidate the essential principles that must be understood to grasp Les Mills Pump 90 Day Challenge Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Les Mills Pump 90 Day Challenge Guide in daily life. This chapter will showcase real-world examples of how Les Mills Pump 90 Day Challenge Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Les Mills Pump 90 Day Challenge Guide in specific contexts. The fourth chapter will explore how Les Mills Pump 90 Day Challenge Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Les Mills Pump 90 Day Challenge Guide. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Les Mills Pump 90 Day Challenge Guide.

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