



Launch Reference Guide

This guide includes everything you need to promote For Beginners Only, including key dates, offers and pricing, and links to all training and marketing tools.

SIGN UP for the For Beginners Only Super Block [HERE!](#) (BODi Membership required).

[Watch Trailer](#)

Share this trailer with prospects and existing/previous members when introducing For Beginners Only Super Block. This trailer will also be visible on the BODi Platform for Members.

For Beginners Only Accountability Group - Click [HERE](#) to join!

- Feb 9: Group Opens
- Mar 6: Group Starts
- Lacee will takeover for the month of March and then starting in April, this group will turn into an on-going group for the "For Beginners Only" BODi Block so beginners feel supported at all times.
- This group will be an English ONLY group.

Overview

Whether you're beginning your fitness journey or building upon your foundation - Super Trainer Lacee Green will lead you through the fundamentals of movement in just 3 weeks! With precision and patience, Lacee will guide you through every low-impact cardio, strength, core, and mobility workout - while keeping it fun! Feel empowered with moves you can master, supported by a trainer who shows you ANYTHING is possible. Make sure you have a BODi membership, dumbbells, and resistance loops, so that you can better your health with workouts that motivate you and optimize results from day one.

For more information on For Beginners Only, visit [FAQ 2138](#)

For Beginners Only Coach Tools

- Key Program Info PDF ([US English](#), [CA English](#), [UK English](#))
- [For Beginners Only Sample Workout](#)

- [For Beginners Only Trailer](#)
 - [Meet Lacee Green Video](#)
 - [Workout Calendar PDF](#)
 - [Shareable Workout Calendar](#)
 - [For Beginners Only Logos](#)
 - Offer Graphics feat. NEW BODi Essentials Collection and Qualifying HD - Opportunity to get 2 FREE Super Blocks ([US English](#), [CA English](#), [UK English](#))
 - [CANVA Social Media Templates](#)
 - [Social Media Templates](#)
 - [Super Block Group Guide](#)
 - [Group Guide Posts, Images, and Videos](#)
 - [Quotes Assets](#)
 - [Invite a Friend to For Beginners Only Asset](#)
 - [Ring the Bell Asset](#)
 - [Key Art Images](#)
 - [Additional Social Media Assets](#)
 - [Super Block Blog Article](#)
 - [20 Things You Don't Know About Lacee Green Blog Article](#)
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Key Dates:

- **Feb 6:**
 - For Beginners Only Product Toolkit LIVE
- **Feb 9:**
 - For Beginners Only BODi Program Page LIVE
 - For Beginners Only Get Started Video
 - Meet Lacee Green Video
 - For Beginners Only Sample Workout LIVE
 - Meet Lacee Green and Learn More About For Beginners Only on the Coach Basics Facebook Page
- **Feb 27:**
 - Coach Basics Page Fireside Chat with Lacee Green & Carl Daikeler
- **Mar 6:** For Beginners Only Super Block Begins

Additional Program Information:

- Around 30 minutes a day, 5 days a week for 3 weeks with an optional UP Week
- 3 Cycling rides that you can swap for Cardio days

FOR BEGINNERS *Only*

SUPER BLOCK

- Modifier for every move
- FREE for all BODi Members

Equipment Needed:

- Dumbbells
- [Resistance Loops](#)
- Chair*
- Mat*

*Optional

Who is For Beginners Only For?

This Super Block is for anyone who is just beginning their fitness journey or someone who is looking to build upon their fitness foundation.

Who is Lacee Green?

Entrepreneur, NASM certified group fitness instructor, and proud mom Lacee Green has broken multiple glass ceilings. She's committed to showing that fitness comes in every shape, size, and color, and that every body is beautiful. You may recognize Lacee as the modifier from #MBF or from her live classes on BODi. Now she brings her contagious positivity to For Beginners Only, her program for anyone beginning their fitness journey. With more than a decade of experience helping people live their best lives, there's no doubt you'll leave her workouts feeling on top of the world!

To learn more about Lacee Green, click [HERE!](#)

Recommended Supplements:

- Shakeology
- Energize

For more information on these products, visit teambeachbody.com

Eating Plans:

- Access to our incredible eating plans - 2B Mindset BASICS and Portion Fix BASICS. Both include hundreds of delicious recipes, food lists, sample meal plans, simple meal and snack ideas and more!

For more information on these programs, visit teambeachbody.com

What is a Super Block?

An incredible program made into a fresh and new BODi Block for you by our Super Trainers—that's a Super Block. Reach your goals with 5 workouts a week for 3 weeks followed by an UP week to reset. It's all about block periodization—the perfect balance of exercise, recovery, and training variation. Start the first Monday of the month or whatever day works best for you.

What is Block Periodization?

Block periodization is a 4-week “mesocycle” of 3 weeks of progressive exercise (5 workouts a week), followed by 1 week of functional recovery - an Unconditional Progress “UP” Week, featuring 2 bonus workouts. Research shows that using this Block Periodization model not only helps people improve their overall fitness and performance, but also their adherence to exercise - to provide better long-term results without overtraining.

What is “UP” Week?

The fourth week of your Super Block is your UP Week, which stands for Unconditional Progress. This is the week your body recovers—take time off or do the 2 optional workouts to keep up your progress while giving your body time to repair. You can also explore other BODi classes or watch Monthly Mindset Master Classes from guest presenters. These options are designed to strengthen your inner motivation and mindset as you look ahead to new goals and build on this moment of feeling incredible.