



9 WEEK CONTROL FREAK FAQ

A little note: I'm so excited for you to join my #FreakFam! This new workout program is near and dear to my heart as I have been working on it alongside my bestie, Autumn Calabrese, for many months starting out in the test group then all the way through filming all of the workouts. I'm 100% obsessed with these workouts and I can't believe the shape I'm in mentally and physically! I got so lean and strong...and built up my stamina and endurance like I had back in my early 20's. I can't wait for you to experience these workouts so you can feel (and see!) for yourself how life changing this is! My only gripe...I wish it was 52 Week Control Freak ;)

I put together this list of commonly asked questions to make it easier for you. Feel free to share this with your friends and family...and get them to join you!

Q: How long are the workouts?

A: 18-30 minutes max, 5 workouts per week

Q: Is there a modifier?

A: Yes, there is a modifier showing you low impact and other options.

Q: What equipment do I need?

A: Our Beachbody Control Track, Core Ball, and Step (all of these, except the step, are included in the packages...you can add on the Step if you need one.)

Q: Do I need the equipment?

A: YES! For the first time ever, we have an entire pulley system to work our entire body that literally fits in my purse. Unlike other programs we have, you DO need the equipment in order to do these workouts.

Q: Can I start the workouts on the day of ordering?

A: No, you will need to wait until you receive your equipment. The workouts will be available so you can preview them to know what to expect.

Q: Does the Step come with the packages?

A: It does not but you can add it on to your cart for 15% and receive free shipping on the Step.

Q: Can I order extra accessories without ordering an entire bundle package?

A: Yes.

Q: Do I need a lot of space to do these workouts?

A: Not at all. We have test group participants working out in tiny NYC apartments, in hallways, in small bedrooms. While the set looks large in the video, the cast did not have a lot of space to work out. They kept to an approximate 3' X 3' square.

Q: What if I don't have a door in my workout area?

A: You can mount the track to your wall using anchors (a video will be included in your package showing you how to install it.)

Q: Can I mount the Control Track (door track) to my wall?

A: Yes! a video will be included in your package showing you how to install it.

Q: How much does the Core Ball weigh?

A: It is not weighted. You fill it with air and it's intended to be used for core and stability, not for weighted resistance.

Q: What is included in the packages?

A:

- VIP Early Access before it becomes available in May 2021.
- 45 workouts 18-30 min each
- 45 nighttime Controlled Stretches
- 10 extra Bonus workouts targeting specific muscles.
- 5 "Remote Control" workouts you can take with you or when you don't have access to weights.
- 2 Nutrition Plans: Ultimate Portion Fix & 2B Mindset (you get to choose which plan to follow)*
- Custom Meal Plan in my Virtual Bootcamp

- Superfoods Meal Replacement*
- Performance Supplements*
- Control Track (mount on a door or wall), Core Ball, Step*

Q: When does 9 Week Control Freak be part of Beachbody On Demand without VIP Early Access?

A: May 2021

Q: When can I order?

A: December 7th as a Coach or NEW Enrolling Coach. December 21st as a Customer.

Q: Can I order 9 Week Control Freak while signing up as a new coach?

A: ABSOLUTELY! In fact, this is the better option as you can not only order sooner but you will start to save 25% on all products moving forward and even earn extra cash if that's what you want but you don't have to.

Q: Can I order 9 Week Control Freak as a customer?

A: Yes starting on December 21, 2020.

Q: Do all the packages include the VIP Early Access to 9 Week Control Freak?

A: Yes, all Challenge/Completion Packs and 9 Week Control Freak Accessories Bundle include VIP Early Access but you will need your equipment before starting the program.

Q: What does being a "Control Freak" mean?

A: Being a Control Freak means taking back control of your health and fitness. It does not mean anything negative or obsessive. It means to be in control of your choices, habits, and actions so that you can truly live YOUR BEST life.

Q: What nutrition plan should I follow?

A: You will get both Ultimate Portion Fix and 2B Mindset nutrition plans in your kit so part of being a Control Freak is to pick your plan. I follow the Ultimate Portion Fix Foundation Fix.

Q: If I want to do Ultimate Portion Fix, do I have to do Timed Nutrition path like 80 Day Obsession?

A: Nope! As a Control Freak, you are in control of picking your path. You can do either Timed Nutrition or Foundational Fix. There is a Vegan plan with Ultimate Portion Fix as well. NOTE: use the Moderate intensity (the workouts are intense BUT we are only working out for 30 minutes or less so Moderate formula is the one to use.)

Q: Can I do this while pregnant?

A: 9 Week Control Freak is not recommended during pregnancy but we do have an amazing Pre and Post Natal workouts in Beachbody On Demand.

Q: When can I buy the apparel?

A: December 7th and I bet they will sell out quickly!