

# FREE WORKOUTS AVAILABLE ON



**BEACHBODY  
ON DEMAND**

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

## 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

Create a lean, toned physique through a fun fusion of ballet barre, Pilates, and cardio interval training. Feel the burn as you sweat, stretch, and strengthen to energize your entire body.

▶ [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](#)

## 4 Weeks of THE PREP™ Sample Workout

Challenge yourself with a series of functional training workouts designed to help get your body and mind ready for 6 Weeks of THE WORK or any advanced Beachbody program.

▶ [START WORKOUT](#)

## 6 Weeks of THE WORK™ Sample Workout

Leave your excuses at the door. For six intense weeks, you'll take on relentless functional training to help you gain muscle, drop body fat, and achieve results you've never experienced before.

▶ [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](#)

## 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](#)

## 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](#)

## 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](#)

## 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

Get a great workout AND practice your Spanish with Beachbody's first ever Spanish program! Combo cardio and strength training moves are great for any beginner to get into a daily routine of exercise and get great results!

▶ [START WORKOUT](#)