

Beachbody - 6 Weeks of THE WORK

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.

Featured Guides

Fit Test

This program isn't for everyone. So before you hit the play button, do the Fit Test to see if it's right for you. If you pass, take the test again in six weeks after you complete the program to see just how much of a badass you've become.

Get Started Guide

Everything you need to start THE WORK on the right foot.

Workout Calendar

If you want results, you gotta stick to the schedule. Start the program any day of the week, but complete the workouts and rest days in the order they appear.

Beachbody Guide to Nutrition

To achieve your goals, you also need to do THE WORK in the kitchen. The delicious recipes, expert nutrition tips, and easy-to-follow guidance will put you on the fast track to the results you want.