



Beachbody On Demand: 2 Week FREE Trial Your At Home Workout Solution (for kids and adults!)

This link is good for whenever you would like to get the free trial, and it will activate right away so you can use it on day 1 if you'd like! As a Beachbody Coach, I'm more than happy to help you navigate or find programs that would work for you or your family, so please reach out. There is even a Kids and Family Section! Some programs require a little equipment, while so many all you need is yourself. BOD can be streamed from any mobile device, or even on your TV through Roku, Firestick, Chromecast, or on an app if you have an Apple TV.

1. Go to this link! https://www.beachbodyondemand.com/plans/offers_bod
2. Scroll down to the 3 month membership plan (you will see 14 day trial in the middle of box) Select that.
3. Create an account with your info. It does ask you to put in a CC number- that is only if you choose to continue after your free trial is over then it's all set. After the free trial, a 3 month membership is \$39.95, and an annual membership is \$99.
4. It will ask if you are with a Coach. That's me:) Emily Luck, and my coach ID# is 798607. My email associated with Beachbody is ekcrank@hotmail.com. That's it! I will see your name in my coach office when you sign up:)

Here's a short video about BOD!

<https://share.coach.teambeachbody.com/?lang=en-US&postId=715200&coachId=798607>

Check out amazing recipes and wellness articles on the Beachbody Blog at anytime too!

<https://www.beachbodyondemand.com/blog/>

Questions? Please let me know! I'm happy to help. Take care and stay healthy!