



# FIGHT FOR IT

**CORE DE FORCE® LIVE** is much more than a typical cardio class. It's an empowering, core-focused workout, inspired by the highest-octane sport in the world—mixed martial arts. Created by Beachbody® Super Trainers Joel Freeman and Jericho McMatthews, this workout combines authentic Boxing, Kickboxing, and Muay Thai moves, explosive power moves, and interval training that all engage your core, so you get in killer shape, incredibly fast!

Ready to get the body you've always wanted? It starts with one punch.  
The only question is...how hard will you fight for it?

# CORE DE FORCE®

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**BEACHBODY® LIVE!**