

# HOW TO CHOOSE YOUR BEACHBODY WORKOUT THE BEACHBODY BLOG

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Beachbody Performance's Recover Post-Workout Formula. When you're too sore from your workouts, it's that much harder to stick with your program consistently. But when you reduce exercise-induced muscle soreness and improve strength recovery, you can recover from your workout faster—and hit the next one that much harder.

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History of Beachbody, LLC. Beachbody on Demand is a workout video streaming service complete with weight-loss guides, exercise calendars, and custom meal plans.

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Beachbody is a leading provider in fitness, nutrition, and weight-loss programs. Our programs are not only easily accessible, but most importantly, they deliver results.

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The perfect summer body has been long coveted, but hard to get. With beach season right around the corner, you still have time to put in work to get a lean, trim physique that everyone will be oohing and awing over.