

Team Hardcore Call Transcription - May 18th, 2017 – Cory Miller - Shift Shop Review

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00:00:01 Jenelle: Hey there. It is May 18th. My name is Jenelle Summers and this is the Team Hardcore training call and today we were going to talk about Shift Shop. So excited about this new program coming. I'm not in the test group. I had to decline the test group because I'm having ear surgery next week, which by the way, our training for next week is canceled because I do have this ear surgery. Don't worry; it's no big deal, but the training will be canceled for next week because of that. So anyway, I'm not in the test group. So I was like, "Corey, will you please come tell us all about Shift Shop? We are all just dying to know and we need to know." This is a new program. Any time a new program launches, you know, we want to obviously be in the know because it's a new solution for other people and Beach Body is always on the cutting edge on what is working best in getting the best results for people. So I'm really excited about this program and have heard nothing but great things. So I introduce to you our guest speaker today: Corey Miller. She is one of my dearest and closest friends. So I'm biased that she is...well seriously, no I mean really, honestly Corey is such a great leader in this business and she's such a great teacher and she's so thorough and even though she is one of my coaches, and she can attest to this, I go to her all the time with questions. Like I see her all the time and I'm always like, "Well Corey, what about this and what about this?" So we brainstorm a lot together and have a lot of fun together. And Corey is a mom of three cuties. She is a wife. She is a 6-Star Diamond in her first business center. She is 2-Star Diamond in her second business center. She is 1-Star Diamond in her third business center. She's a two-time Elite Coach. She's a Success Club Legend and get this: this is new as of today. It's not been officially confirmed yet, but we're pretty sure it's official: Corey has made the Million Club, second today, which is so freaking exciting. Now she had made the Million Club if you consider her business and her husband's business together. She was already in the Million Club, if you look at it that way. But just for Corey's business center alone, she has earned the Million Club. So that is super exciting. So with that, Corey are you there?

00:02:17 Corey: I'm here.

00:02:19 Jenelle: Let me make sure that you are presenting to the world here and not me. There we go. There we go.

00:02:25 Corey: Hey guys.

00:02:26 Jenelle: Nope. It's still me. What the...it did this last time. Why? Why? Why?

00:02:32 Corey: I don't know. Well I'm big on my screen.

00:02:35 Jenelle: Yeah, you're not on mine and I'm guessing you're not on theirs either. What did we do last time to make sure that you were? Oh, I think you had to create a whole new...you had to create a whole new link. Anything on your screen? Like up at the top there's like these little icons.

00:02:56 Corey: I show that I'm presenting to everyone. That's what it's telling me.

00:03:00 Jenelle: I'm going to guess that you aren't because on my end it showing that it's me and it needs to be you.

00:03:11 Corey: I should have just come over to your house again. That would have been easier.

00:03:13 Jenelle: That would have been fun anyway. Okay, let me see if there is anything I can do about this. What if I turn my camera off? What if I hide myself from my broadcast? Some of these things scare me because I never done them before. With my last speaker and I don't know why. It stopped presenting for you and now I'm going to hit presenting for you. Well I wish someone would text me and let me know.

00:03:47 Corey: I don't know. I show...yeah, if anybody is on that can text me, let me know too, because I show that I am presenting to everyone, but...

00:03:54 Jenelle: Yeah, you're not. I just got a text from Hannah. You're not. Dang it. I almost want to just like...go like this so they can't see me, because that is super distracting if they can see me.

00:04:08 Corey: I don't know, but can they see me at all? It's no big deal. I can just talk. I don't care if you don't see me, although I did do my hair for once. So whatever.

00:04:15 Jenelle: I know and you look super cute. They can only see me and now look how dirty my camera is because I put my thumb over it that probably has makeup on it. Okay, so what going to do isn't going to cover my screen and I'm just going to have them seeing you.

00:04:36 Corey: Okay.

00:04:37 Jenelle: I mean they're going to hear you is what I'm meant to say. So let me see if I can like put a sticky note over it because I don't want to have to hold my thumb there for the whole time.

00:04:48 Corey: Then you just turn off your camera. Can't you do that up top?

00:04:53 Jenelle: Yeah, I'm going to do that.

00:04:56 Corey: There you go. All right?

00:04:57 Jenelle: Let's do that.

00:04:58 Corey: Everybody's going to think that my voice is you. I don't care. That's fine by me.

00:05:02 Jenelle: Okay, let's roll with it.

00:05:03 Corey: Okay guys, well we will get started. So basically what I want to talk about today is the Shift Shop which is definitely hard to say. I don't know if you guys have tried to say the "Shift Shop," a lot, but it's kind of like Success Club. Like you've got to be careful with your words, but first, I'm going to be honest, when I heard the name "Shift Shop," I thought, "What the heck? Why would they name it Shift Shop?" And actually I got that question. Like, "Why is it called Shift Shop?" Well basically, the reason it's called Shift Shop is because it's all about making a shift, not just physically but mentally too, and I will be talking more about this when I talk about Chris Downing as a new super trainer. But it's all about making the shift and it's talked a lot about in the workouts, okay? So again, I will visit that in a second, but that's why it's called Shift Shop and it's all about being in the shop too. So we talk a lot about that too. But let's start with workout and just see you guys know in the Push to Daily Success group I did take a look at all of the questions that were asked and as of this morning hopefully I'm going to cover all of those questions in what I'm talking about. So first and foremost, it's all functional fitness, okay? Right now it's written as a three-week program, for a 21-day program, and I really am loving the set-up of it because basically the way it is written right now is Mondays, Wednesdays, and Fridays are more of your cardio, your speed-type workouts. Tuesdays, Thursdays, and Saturdays are more strength workouts. So it is incorporating weights and so forth. Last week...so the first week I'm in week two...the first week the workouts were about 25 minutes long. This week they are about 35 minutes long and then next week we are going to go to 45 minutes, which is kind of cool. So are adding 10 minutes. The intensity has definitely upped each week, so each week you are adding on. And just so you guys know, I should have kind of given this disclaimer in the first place, everything that I am disclosing today, I kind of made sure that I was allowed to first and foremost and that a lot of the stuff I am disclosing today is in the infomercial anyway or in the promo, I should say. If you search

on YouTube Shift Shop, you're going to see the promo and a lot of the information I am talking about is talked about right there. So I can't give you specifics; like I can't show you the meal plan and I can't show you the calendar or anything like that, but I can talk about it as much as possible, okay? So again, each week it's going to ramp up 10 minutes. Now I am going to do a second cycle of it and in looking ahead to week four, if you will, the workout stay longer. There's also a hybrid schedule right now that we've seen and it incorporates different workouts; like I've seen P90X III in there. Chalene Extreme: not positive if that is something that's going to be released or not, but that's what we see so far. So that's how long the workouts are. Equipment that's needed: right now it comes with agility markers and a sandbag. So the sandbag is much like the one we got in 22-Minute Hard-core. With the agility markers they are literally just hexagon...I should have brought them up from my basement... sorry. Well it doesn't matter, you can't see me anyway, that they are just these rubber hexagon little...I don't know...discs or plates, if you will, and it comes with four of them. Now one of the questions that was in the Push to Daily Success group, which is a good question, was what if we had the Annual All-Access? Well they are going to give an option to print out those agility markers. So if you are someone who doesn't want to purchase anything more, that's totally cool. You can print out the agility markers. Obviously they're just on paper, but they still are going to serve their purpose you guys. It's going to be fine; however, to the best of my knowledge, from what I've seen in the test group too, they will be available for purchase on your Beach Body site too. So you can purchase them or you can print them out, okay? So that was a good question that was on there. So far in the workouts the only equipment that we've needed is for the mobility work out on Sunday we needed a regular sized towel to help with your stretching. We've also needed of light or medium set of weights. Now I am someone who lifts regularly so I believe that I am probably going a little bit heavier and I have the Bowflex Select text, that if you just have may be of 5, 8, 10-pound set of weights at home, you'll be okay with it, all right? So that's the equipment that's needed. How much space is needed? And I thought this was a great question too. Well basically with space if you want to think about a lateral shuffle to the side and if you take like to do three paces, that's about the distance that you're going to need. So my workout room is not huge in my basement, you guys. It's not huge and honestly I worked out last night with my son and because we have some equipment down there and I have a [unintelligible] bike, it was maybe a little bit tighter than it is when I'm just working out, but really in an apartment space I don't think you're going to need much more space than you would with any other Beach Body workout. So whether it is Core de Force or whether...yeah, you now, 22-Minute Hard-core or Turbo Fire or anything like that...I don't think much more space is needed so don't be afraid if you don't have a lot of space. I really feel like you can make it work. The work of that were doing this week with the agility markers are more in a triangle pattern in some of those, and again those are like 2 to 3 paces apart. So hopefully that gives you a better visual of how

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much space is needed. Again, I really think that you can make it work. I know that I'm traveling this weekend and I plan on making it work in my hotel room. It has to work in and actually traveling with my dumbbells too. My husband loves me. He super excited about that. Okay, so what are the moves? That was another question that was asked. What are the moves? Are they awkward, are they hard to get? I'm going to be honest, some of the moves are a little awkward for me. Some of the plank stuff is not easy for me. I struggle, if you guys went to Punta Cana, we did preview a lot of the workouts and a lot of the things that we are seeing in the workouts now, we did in Punta Cana. The bear position – if you have done...it was in PIYO, I mean I don't think she called it "bear," but that was a position in PIYO. In 22-Minute Hardcore we do the bear. It hard for me; that's tough. I will say this though, and I've actually kind of...and I know I talked to Jenelle about this...I've actually kind of surprised myself. I've pushed myself to try before I modify and not something that Chris Downing, who is the super trainer and I'll talk about him in a second, he really talks a lot about that, "Try before you modify. Try before you modify." And I can completely appreciate that because honestly what that does is in my mind I'm not like, "Oh, well I'm just going to modify right away." I'm trying it and what I'm finding is I'm getting better at it day after day. So yes, some of the moves are definitely awkward. Some of the moves are very high impact for me and being someone that, you know, almost 40, I've had for knee surgeries. I've had foot problems all the time. You know some of them are tough, but I'm just telling myself, "Try it and if you have to go to the modifier, that's cool. You can go to the modifier, to try it first." So that's what I've been doing and I do appreciate in the workouts that there is a modifier that is...how do I want to put it? Reasonable. You know like sometimes in some of the programs it's like, "Here's the modifier," yet you are still doing something that is so crazy hard. You know the modifier in this program really is someone that you can follow and I can completely appreciate that. So, you know, if I were to have someone ask me, you know, "Is this for somebody that's only an advanced fitness level?" I would say no. I really feel like anybody can do this program and yes, whether that means that you start the modified and you work your way up to the non-modified, so be it, but I really am getting a lot out of this program, a lot out of this program. So as far as the workout, that's kind of what I had to say and hopefully I answered all of the questions on that. Moving into the meal plan. So I know a lot of people wanted to know about the meal plan. It is a container-based system, okay? So if you are familiar with 21-Day Fix, the portion controlled containers, it is a container-based system, however the difference in the meal planning versus maybe 21-Day Fix or other programs is you really do get more protein and less starchy carbs. So as the program goes along, by the third week you're cutting out all of your starchy carbs and that something that is talked about in the promo too; however, you do get to add on proteins and healthy fats. I don't know about you, but I love my blue container and I love being able to have more blues, yes, more blues. So I love that. The way that the container is based or how many you get, it's based on

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whether you are a male or female, what your current weight is, and your height. So it kind of gives you like a plus/minus system and then you're going to find whatever meal plan works for you. Currently it's either A, B, C, or D, so you're going to find what works for you in there; however, in the meal plan right now it really does talk about, you know, listening to your body and figuring out if maybe you need to go up a level or down the level based on how you're feeling. So I can completely appreciate that too, but again basically you're gradually getting rid of those starchy carbs. So by the third week we're not really eating any starchy carbs, which personally I'm okay with, but I know some people are having trouble with that. But I don't feel like the meal plan is difficult to follow at all and I'm not someone that likes to eat out all the time, but honestly, I have kids in sports. I mean literally the next two weekends we are going to be out of town traveling for baseball and softball and I feel like I can pack foods, but also if, you know, we are doing a team dinner or something like that, feel like I really can still go out to eat and make good choices. Does that mean that I am going to be taking my own dressing? Yes, probably, but I feel like I can get a grilled chicken salad and be okay with that. So I feel like the meal plan is actually not really bad at all you guys; it's not and I like having that protein. I like having those healthy fats. So let's talk a little bit about Chris Downing and the mindset of the program. So basically my first impression of Chris, obviously I'm from Ohio. He's from Ohio, although he is a Buckeye fan and I'm a Michigan fan, so at first I was like, "Ah man," you know? Whatever. But needless to say, he really kind of grasped me in Punta Cana. He got me because he talked a lot about mindset and positivity and pushing yourself. You know some of the things he said are like, "Try before you modify," "Finish a move; don't let them move finished." So each day or each workout has been type of like mantra, something to keep in mind as you are going to the workout and I love that and he talks a lot about that, a lot about just digging deep and being proud of yourself, but making sure that you're pushing yourself. And I will tell you this, you know Jenelle and I have both been group fitness instructors. I was a group fitness instructor for a number, number of years. I oversaw group fitness programs and so forth. I appreciate a trainer that has great cues and Chris is definitely someone that has safety cues. I love the fact that before the move is even done that he is showing the move so it's not like you're just thrown into something especially when you're using weights and so forth. His cueing is spot on. He's giving, you know, cues throughout the move. Yes, he does it. He starts out doing the move with you, but then he will go around to the people in the group, on the video and correct their form or whatever it may be. His cues are spot on and I wish I could remember the one that he said. I posted about it the other day, but it was something like...you know one of the things that he says is, "You know, I'd rather have you do 20 is something versus 50 of something wrong," and I love that. So needless to say I believe that Chris is really going to be the difference in this program. Are some of the moves...you know a lot of people I've heard compare Shift Shop to Insanity...are some of the move similar to what you seen in Insanity? Maybe, you know maybe

00:20:00 they're similar to what you've seen in P90X our whatever may be, but the difference is going to be Chris and I'm going to be completely honest with you guys. He's amazing. In our test group right now he actually goes live at least twice a day and just gives us feedback and is real with us and talks about things that we can improve upon and mindset and stuff that's going on in his life and he's really done an amazing job of giving us a glimpse into his life, where he comes from, where he is now, and why he decided to make a shift in his life. So I really, really, really feel that he's going to be the difference and, you know, when you guys are talking about this program with people, let them know that. Let them know it's not just about getting your workout done, you know, in 25 minutes and being done for the day, but it really is making a mindset shift in pushing yourself harder and knowing that you can continue to get better. So I think that he is going to be the difference. So the last thing I kind of wanted to talk about is my personal kind of journey so far and the first thing that I wanted to mention is, you know, one of the questions that I've had is, "How did you get selected to be in a test group?" Honestly, I'm not positive. I'll be completely honest with you. I'm not positive. It's not anything that, to the best of my knowledge, that any of us applied for or anything like that. In my opinion, I believe that Beach Body is going to select people that have some longevity in the business, that have worked their business, that are on social media consistently, because of course the whole idea behind having a coach test group is to make sure that their new program is going to be marketed and talked about. So of course they are going to want to pick people that are active on social media, that aren't just posting whenever they feel like it, you know sporadically, every once in a while. They want people that are going to reach the masses. So, you know, I think that's probably how maybe, you know, some of us got selected. I will say this: I have been in a test group previously. I was in the Piyo test group about...I think it was about three years ago and test groups have changed throughout the years. Back then it was a small it was a smaller group. We actually weren't allowed to share as much as we are now and it was just different. So I don't know the rhyme and reasoning behind getting selected in a test group, but all I can say is it probably doesn't hurt to be consistently working your business and to be very visual because that's what Beach Body wants. Obviously they're smart: they want to market their programs. So if that is something that is on your, you know, dream board or your list is to be in a test group, keep working, keep being consistent with your social media, and keep just building. I believe that's how you may have a chance of getting selected. So let me talk a little bit about my journey and it shouldn't take too long, but basically some of you may know that I did The Ultimate Reset back in February and really before I did The Ultimate Reset the reason I did it is because I just, I don't know, my eating was just out of control. I just had some really bad nutrition habits and it's not even necessarily what I was eating; it's just, you know, like I love Halo Top ice cream. That's awesome, but I was eating it like every day. Like I thought, "Oh, it's lots of protein, whatever." And I just didn't have that off switch. I haven't had a Halo Top ice cream since

then, but I decided to do The Ultimate Reset and I actually lost 20 pounds during February and I was extremely happy with that. That was awesome. I committed to it; you know, I was proud of myself. After that I only lost maybe three or four pounds in the month of March and then in April...was spring break with my family. We went to Florida the week before we went...my husband and I went to Punta Cana with a Beach Body trip, so I was on vacation essentially for two weeks. Now when I came back and had to start the Shift Shop test group last Monday I actually, when I weighed myself, I was happy to say that I was still at the endpoint of where I was with The Ultimate Reset. So yeah, I had gained back maybe those three or four pounds, but I was still at that point of where I had lost 20 pounds with The Ultimate Reset. I still have weight to lose guys; it's not that. So when I started the Shift Shop I went all in, for sure. You know and I am still all in and I really enjoy the workouts. It's something that I'm enjoying doing. I love the fact...like my son did it with the last night, like I mentioned. The agility, I think, is amazing. Season athlete; he's a baseball player, a football player and I think that it's great. Like I think that his whole team should be doing these in the off-season, some of the agility work. I mean just the coordination and even some of the drills. The listening to what to do and then doing it I think are great for sports teams. I really, really do. So my first week, I will be honest, I was a little discouraged because I weighed myself on Monday just, you know this Monday, and I was only down 2 pounds from the start and I'm seen all of these test-group members and some people are losing...one guy I think lost 16 pounds in the first week - 16 pounds. It's amazing. I'm looking at these before and, you know, progress pictures and I'm thinking, "How the heck are they doing it?" And then I'm seeing other girls that are losing 10 pounds, you know? Eight pounds, whatever and I'm thinking, "I've lost a measly 2 pounds. What the heck?" And so I thought to myself, "All right, what can I change? You know, what can I do better? What can I do more? What's going on? Because I'm not going to quit." That's never an option. I'm in this for not only the first 21 days...that's what we had to commit to, that I committed myself to doing another round and another round before Summit. So two more rounds after this first round. So I thought to myself, "What can you do differently?" Well one thing that I looked at is I love intermittent fasting and I believe that it works for a lot of people and I think it's a great thing and, you know, if you follow Chalene and Melissa McAllister and so forth, great scientific information. I actually had done that Diet Beta test group with Chalene. I didn't go all in with it, I'll be completely honest because I was just coming off The Ultimate Reset when I did it and I just wasn't ready for it, but let's just say I still did intermittent fasting last week with my meal plan and my container system with the Shift Shop and I, you know, in only losing 2 pounds I just had to reevaluate that and it's not something that you can't do. Like if that's something that works for you, actually Chris said in our coach test group in one of his videos he's like, "I like intermittent fasting too so I do it on most days," you know, that's what he told us. So that's why I stuck with it, but I just thought to myself, "Okay, let's just go all in and do the program as

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written and see how it goes.” So on Monday I ate breakfast and I don’t normally eat breakfast, but I ate breakfast and I’ve been following that and I’ve actually lost another 4 pounds since Monday. So I’m down a total of 6 pounds in the test group. I have not done my inches yet. That will be done next week after the 21 days, but I’m pretty happy with that, you know? It’s been...I’m on day 11 and I’ve lost 6 pounds and I feel like if I can continue to keep that pace, then that will be a good thing for me and I know that I have to stop playing the comparison game with other people. You know it’s so funny as coaches we tell our challengers and we tell our other coaches that and so forth. Like stop playing the comparison game, but when it comes down to you it is tough. But needless to say, you have to find what works for you and I appreciate this program because I really feel like there is enough flexibility in the program that you can do that. One other thing that I do want to mention is I believe this was a question too, is yes, I’m still drinking Shakeology. Shakeology is still a part of the meal plan and actually the first week, you can still have Energize and Recover and in the second and third week because the workouts are longer – they’re over 30 minutes – you can add in the Hydrate, so I have been doing that too. So if you are somebody who loves the Beach Body Performance Line like me, you can still incorporate the Beach Body Performance Line and your Shakeology in the meal plan and still be successful. So I’m loving the program guys. I know that I’m talking to anybody and everybody about it and obviously trying to talk to them about the Annual All-Access challenge pack right now because when this is released in July it’s going to hit their All-Access without them having to purchase the DVDs or anything like that. So really that’s something you should be leveraging right now, but get excited for this program. I think that you are going to love it and like I said, it really is more than just a work out. It really is a mindset shift. So that’s what I have J.

00:27:17 Jenelle: That was awesome Corey. Can you hear me okay?

00:27:20 Corey: Yup. You’re good.

00:27:22 Jenelle: Okay, let me see if I can present myself at this point. Can you see me okay?

00:27:28 Corey: I see you, yeah. There you go.

00:27:31 Jenelle: I had all these questions written down to ask you and you nailed every single one of them. The only one I’m not sure if you answered that I had...I think maybe you did, but maybe I just couldn’t write fast enough, but as far as the meal plan...like, you know, this is a three-week program and so, you know, sometimes with a three-week program I feel like, you know, just I guess considering 21-Day Fix. I mean the meal plan is set that, you know, you will get these amazing results within 21 days and so the meal plan

is, you know, it's pretty strict. Would you say that this meal plan is just as strict as the 21-Day Fix meal plan?

00:28:14 Corey: Yes and no. I like this one because it does give you, you know, how many containers you can have in each and then it also gives you a grocery list which I love. It's been a while since I did 21-Day Fix, but I don't remember if there was a grocery list with that, and then it gives you sample meal planning too. So it will say like, "Monday, Wednesday, Friday: this is what you can eat. Tuesday, Thursday, Saturday: you know, this is what you can eat and it gives you samples based on what your meal plan is. [Unintelligible] ever right in the meal plan guide, as it's written right now, it does say, "Listen to your body. If you are doing more, than up to the next level, you know, up to the next one," and I like that. I like that...not to give you an out, because I don't believe in that, but I just greatly believe that everybody's bodies are different and everybody responds differently and you need to figure out what works for you.

00:29:07 Jenelle: I love that you shared the fact that you were doing intermittent fasting, which I knew that, and that you went off it and you've even lost more weight and obviously that's not the case for everyone, but that's the case for you. It's just like, you know, Chalene has been saying with everything that she's been talking about in her Snap Chats and everything. Like everyone is different. There's not a one-way fits all and so you really have to, just like you, be really in tune with what you've already tested, what's working for you and what's not, and just kind of, you know, make it work for you, so that is awesome. Thank you so much Corey for this information. I'm bummed that we couldn't show you on the screen. Yeah, well congratulations again on making The Million Club.

00:29:54 Corey: Yeah, it's definitely something you don't necessarily like have on your goal list, you know, but it's a kind of goal, for sure.

00:30:03 Jenelle: And also not something that happens every day.

00:30:05 Corey: Absolutely. That's true.

00:30:07 Jenelle: Very, very, very cool. So excited for you. Okay you guys, again, no call next week. I will see you in two weeks. I'll of course send out team email and there's plenty of other trainings that I would love to pass along to you, so I will definitely do that. You won't be without training for next week. It just be a live Thursday training like usual and again, Corey, thank you so much and will see you all next time. Bye, bye.

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