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 Beachbody on Demand has a variety of 40 programs led by different instructors. Alicia Betz/Business Insider Although I enjoy working out at home, I still need someone to motivate me to put in the effort — and I get that from Beachbody On Demand.; I use Beachbody On Demand for access to over 40 workout programs, each with additional resources like Spotify playlists and nutrition guides.  
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Beachbody on Demand is a great solution for anyone interested in having access to over 600 workout videos from beachbody.com workout programs. This is my goto source for doing my workouts so that I can switch between various programs and it also gives me a chance to try the different beachbody workouts before purchasing a dvd.

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Beachbody On Demand workout routines features a wide range of exercises that are enjoyable too. That way, you are not stuck with few options. Besides, even with the 7 day free trial, you still

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