



MÖDERE
**LEAN BODY
SYSTEM**
USER GUIDE





EXPERIENCE A TOTAL BODY TRANSFORMATION

Congratulations! Your purchase of the **Lean Body System** is a pivotal first step toward a healthier, leaner body.

When it comes to reaching your goal size, it is not about the number on your scale. What really counts is body composition – that is, the ratio of fat to muscle in your body. And only the Lean Body System features **Trim, Burn** and **Activate** – with our innovative combination of technologies designed to modestly transform your body in 5 ways:

- ▲ HELPS TO TEMPORARILY INCREASE THERMOGENESIS AND BASAL METABOLIC RATE
- ▲ PROVIDES SUPPORT FOR HEALTHY GLUCOSE METABOLISM
- ▲ HELPS MAINTAIN THE BODY'S ABILITY TO METABOLIZE NUTRIENTS*
- ▲ MAY HELP SUPPORT A MODERATE REDUCTION IN FAT MASS
- ▲ MAY HELP SUPPORT A MODERATE IMPROVEMENT IN BODY COMPOSITION

In short, you're about to experience a revolutionary new way to modestly reduce fat and improve body composition

Ready to get started? It's as simple as TAKE 3 MAKE 3.

TAKE 3 PRODUCTS



Activate: *Jumpstart your goals by mixing one stick pack of Activate with 8 oz of water for three consecutive days each month. Activate is a monthly cleanse with natural, plant-based ingredients such as aloe vera, apple pectin and psyllium seed husk, formulated to help soothe irritation and inflammation of the gastrointestinal tract, promote digestive energy, complement a fitness regimen, gently relieve constipation or irregularity, help alleviate digestive upset including nausea, indigestion, bloating, flatulence and discomfort and kick-start a lifestyle regimen with monthly digestive rejuvenation. Best of all, no fasting is necessary. We recommend using Activate in the evenings for a gentle cleansing experience.*



Burn: *Take two to three capsules of Burn once daily with a large glass of water and a meal or snack. Burn is a thermogenic, meaning that it helps stimulate your metabolism through cellular heat production. We recommend taking in the morning with breakfast. This will increase your calorie burn and energy levels throughout the day.*



Trim: *Take one tablespoon of Trim each morning. Your daily dose of Trim can be taken alone or added to coffee, a smoothie or any other healthy breakfast food you usually enjoy. This award-winning formula contains CLA to help support a moderate improvement in body composition and a moderate reduction in fat mass, along with patented Liquid BioCell® Collagen. Trim is available in 3 delicious flavors: Chocolate, Coconut Lime and Vanilla.*

MAKE 3 LIFESTYLE CHANGES

CHOOSE 3 OF THESE HABITS TO STICK WITH THROUGHOUT THE CHALLENGE



Drink 5
(12 oz.) Glasses
of Water



Avoid
Sugary Drinks



Walk
7,500 Steps



Don't Eat
Fried Foods



Eliminate White
Flour, Rice & Sugar

By incorporating **Burn**, **Trim** and **Activate** into your routine and committing to making three lifestyle changes, you're choosing to take charge of your body and accelerate your results, so you can look and feel your best!

LEAN BODY NUTRITION PLAN & FITNESS GUIDE

IT'S SIMPLE.

In order to lose weight, you must eat fewer calories than you burn. In theory this sounds simple, but managing your daily food intake can be difficult.

To help you be successful in your Lean Body transformation, we encourage you to download the My Fitness Pal App to help track your daily calorie intake. Your free account will allow you to set daily calorie goals based on your current body weight and how much weight you want to lose.

Based on your personal calorie recommendation from My Fitness Pal, we suggest the following numbers of daily servings:

FOOD TYPE/ Calorie Amount	1200-1499 Calories	1500-1799 Calories	1800-2099 Calories	2100-2299 Calories	2300-2499 Calories	2500-2799 Calories
VEGETABLES	3	4	5	6	7	8
PROTEINS	4	4	5	6	6	7
FRUITS	2	3	3	4	5	5
CARBOHYDRATES	2	3	4	4	5	5
HEALTHY FATS	1	1	1	1	1	1

Check out our [Lean Body Nutrition plan](https://thelatest.moderne.com/leanbody) and a list of healthy recipe ideas at thelatest.moderne.com/leanbody.

LEAN BODY FITNESS GUIDE

WHAT IS THE KEY TO SUCCESS IN GETTING RESULTS WITH FITNESS? COMMITMENT.

Commit to a program and stick with it. If you're getting up each morning without a plan for the day, you're sure to fail. Decide to follow the program and stick to the schedule you've created for yourself. Get into a routine as soon as possible. It will become easier and easier as you get into better shape and begin to see results. Before long, you will have created a healthy habit that will

pay dividends for years to come. If you want to take your fitness goals up a notch, augment your three lifestyle changes by following our Lean Body System fitness guide.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
WEEK 2	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
WEEK 3	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
SHRED IT!							
WEEK 4	Cardio	Strength	Core	Circuit	Strength	Core	Recovery
WEEK 5	Cardio	Strength	Core	Circuit	Strength	Core	Recovery

†Visit thelatest.moderne.com/leanbody to unlock a monthly calendar of daily workout ideas.



**We recommend
25-30 minutes of
exercise training on each
workout day.**

To keep things simple, do three sets, 30-60 seconds of each exercise when alternating exercises. We recommend picking three exercises[†] and rotating through three sets of each, then choosing another three exercises and rotating through three sets of those. Repeat this process until you've completed 25-30 minutes of exercise.

NOW IT'S YOUR TURN

Experience the Lean Body System for yourself, and then share your story!

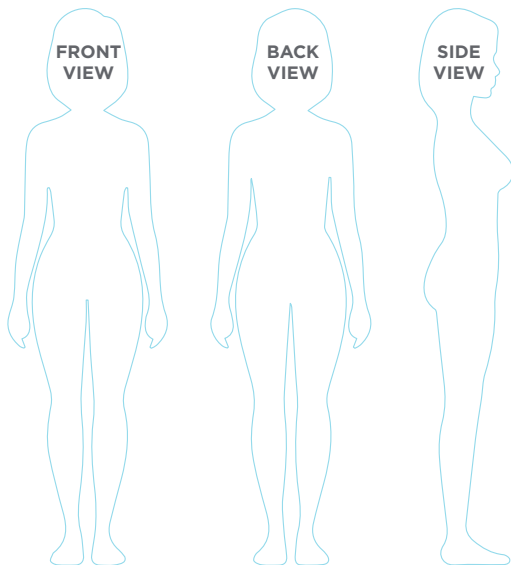
TRACK YOUR RESULTS

Before you get started, don't forget to take before pictures and measurements. By documenting your progress every week, you'll notice even subtle changes that are sure to motivate and encourage you to keep going.

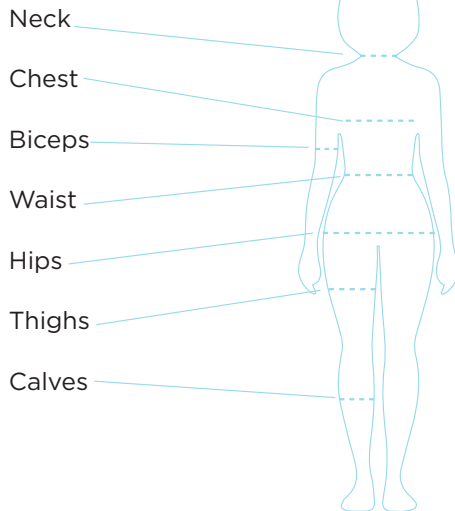
BEFORE & AFTER PICTURES

Set up your photos using the same clothing, background, lighting and poses each week so it's easier to compare and track your progress!

You can use the self-timer on your phone to take your photos, or get a friend to help.



MEASUREMENTS



DATE:					
	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
NECK					
CHEST					
L BICEP / R BICEP	/	/	/	/	/
WAIST					
HIPS					
L THIGH / R THIGH	/	/	/	/	/
L CALF / R CALF	/	/	/	/	/

Tips for Taking Credible Before and After Photos

- **DRESS AND POSE APPROPRIATELY:** We recommend wearing fitted clothing to best demonstrate your overall transformation. It's important to provide a clear view of your stomach area, so don't suck anything in! Maintain a neutral posture in both photos: don't slouch in your "before" photo, then stand straight in your "after" photo.
- **REQUEST HELP:** Selfies will not capture the details you want to document for your "before" picture. Use a tripod and an auto-timer on your camera, or ask a friend to stand in as your photographer.
- **LOCATION, LOCATION, LOCATION:** We recommend you pose in front of a blank, solid-colored wall. The fewer distractions the better; after all, this is about you and your transformation journey! Be sure to choose a location where you will be able to recreate the same conditions for future photos that track your progress and your results.
- **TAKE MULTIPLE PHOTOS:** You'll want to make sure to capture every angle with these pictures. Take enough photos to show your body clearly from the front, the back and the side at a minimum. The more pictures you take, the better.
- **BE CONSISTENT:** Remember to take progress photos at regular intervals throughout your transformation journey. Be consistent with your location and the clothing you pose in. This will help to highlight the changes from one photo to the next even more clearly.

TRACK YOUR LIFESTYLE CHANGES

WEEK 1	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
Did you take your 3 Lean Body System products?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Did you achieve your first lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Did you achieve your second lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Did you achieve your third lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Rate your energy levels.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Rate your mood.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Have you noticed a reduction in cravings?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Do you feel better overall?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	

Which three lifestyle changes did you choose to adopt?



Drink 5 (12 oz.) Glasses of Water



Avoid Sugary Drinks



Walk 7,500 Steps



Don't Eat Fried Foods



Eliminate White Flour, Rice & Sugar

Download your week 2-4 tracker at thelatest.moderne.com/leanbody.

REAL PEOPLE, RAVE REVIEWS.

Our Lean Body System is changing lives – and body composition. Hear from real people who have used the components of this revolutionary fat loss system*.



“Trim has been a game changer!” **



“Keeps me focused and energetic all day. No late afternoon crash, midday cravings, or caffeine jitters. One of my top Modere products!” **



“First detox where I did not have to starve myself, eat weird food or run to the washroom in the middle of the day! Super easy to follow and will be a new monthly regimen for me!” **



**Modere Independent Representative



Results after 90 days. Results not typical. Consult your physician prior to starting any new diet or exercise program. Customers who follow the program, including exercise and reduced caloric intake, can expect an average weight loss of 1 to 2 pounds per week.



SIGN UP FOR TEXT MESSAGE REMINDERS

Text **LEAN** to **385-270-8190** to get 30 days of daily inspiration and accountability reminders!

We're thrilled to join you on this journey toward your total body transformation with the Lean Body System. Share your results online with the hashtag **#MYLEANBODY** (or **#MYLEANTRANSFORMATION**)

ENTER OUR TRANSFORMATION CONTEST

Once you've completed your 30-day transformation*, submit your before/after photos at thelatest.moderne.com/leanbody to be entered to win a **\$200 Visa gift card!***

We can't wait to celebrate your transformation with you. Get started today!

**To enter, participant must have used the Lean Body*

System for AT LEAST 30 days. \$200 Visa gift card

winners will be chosen 4 times a year on a quarterly basis.

For official rules and conditions, please visit thelatest.moderne.com/leanbody

#MYLEANBODY
#MYLEANTRANSFORMATION