

## Program Overview

Bmvmt is a movement guided by movement, with one goal in mind- to help people be the best version of themselves so they can live a life by design not by default. We strongly believe that happiness comes from finding a balance in one's physical, emotional, social and financial health.

We believe that every person has the right to live life to its fullest potential and under their own terms. They just need the right system and guidance to make the most of the opportunities presented to them. BMVMT not only presents you with the opportunity, system and products to become the best version of yourself but also provides you with the necessary knowledge and step by step guidance.

Welcome to bmvmt where it all starts with you.

### GET PLUGGED IN |

Never skip a beat, stay connected, join our social media platforms. Engage and stay in the loop of the latest and greatest.



Facebook (English): <https://www.facebook.com/groups/856037041781934>

Facebook (Spanish): <https://www.facebook.com/groups/249864732918369>



Instagram (English): <https://www.instagram.com/bmvmt.usa/>

Instagram (Spanish): <https://www.instagram.com/bmvmt.latino/>

Email: [bmvmt@bepic.com](mailto:bmvmt@bepic.com)


Exciting things are always happening within our community, check it out:



# bmvmt<sup>x</sup>



IT ALL STARTS WITH YOU.

Powered by: 

### Why you should be a part of our bmvmt Facebook Community:

**Mondays** (6:00 p.m. MST)  
Motivation & 7 Day Shred Celebration

**Tuesdays** (6:00 p.m. MST)  
Product Information

**Wednesdays** (6:00 p.m. MST)  
Testimonial Highlights & Empowerment

**Thursdays** (6:00 p.m. MST)  
Product Experience Giveaways & Overall Wellbeing

**Fridays** (6:00 p.m. MST)  
Health & Fitness

## PUT THE PEDAL TO THE METAL |

See results in 7 days with our 7 Day Shred System. Our strategic product combination is aimed to give you results in just 7 days of commitment, consistency and belief.

But Wait.. Hold On!

Before starting the 7 Day Shred, and after completing the 7 days, we ask that you take clear before and after pictures of yourself and only upon your 7 day completion, email both photos to [bmvmt@bepic.com](mailto:bmvmt@bepic.com) these photos will not only help you remain accountable but will also allow you recognize your transformation and allow us to celebrate you!

- By emailing your photos you give bmvmt the right to use your images for recognition and marketing purposes

The 7 day checklist will make your 7 day journey fun and easy! You will experience a sense of victory and accomplishment as you continue checking off each completed day. In case you forget the 7 daily rules to follow, they will be clearly outlined in your 7 day checklist. We recommend keeping this sheet in a visible location, a place where you can see it, like your fridge door. Committing to yourself, the products and the 7 outlined rules will help maximize your product experience.

## HOW IT WORKS | Step 1: Choose Your Pack.

Pack #1



Pack #2



Pack #3



Pack #4



HOW IT WORKS | Step 2: Follow the 7 Day Rules That Apply to Your Pack.

**bmvm**  
**7 DAY SHRED**

**Power-Up Pack**

1 2 3  
○ ○ ○

4 5 6 7  
○ ○ ○ ○

**Daily Rules**

1. Follow a balanced diet
2. 30 Min Walking / Work-out
3. No Alcohol, Sugar or Fast Food
4. Take Progress Photo
5. Drink 1/2 Gallon of Water
6. Drink 1 **NutriNRG** After Breakfast
7. Drink 4-8 oz. **Royal Blue Tea** Before Lunch & Before Dinner

Don't find fault...  
**Find a Remedy.**  
**KEEP MOVING FORWARD.**

**bmvm**  
**7 DAY SHRED**

**Ignite Pack**

1 2 3  
○ ○ ○

4 5 6 7  
○ ○ ○ ○

**Daily Rules**

1. Follow a balanced diet
2. 30 Min Walking / Work-out
3. No Alcohol, Sugar or Fast Food
4. Take Progress Photo
5. Drink 1/2 Gallon of Water
6. Drink 4-8 oz. **Royal Blue Tea** Before Lunch & Before Dinner
7. Drink 1 Stick Pack of **B-Keto** every Morning in a Fasted State.

Don't find fault...  
**Find a Remedy.**  
**KEEP MOVING FORWARD.**

**bmvm**  
**7 DAY SHRED**

**Epic Pack**

1 2 3  
○ ○ ○

4 5 6 7  
○ ○ ○ ○

**Daily Rules**

1. Follow a balanced diet
2. 30 Min Walking / Work-out
3. No Alcohol, Sugar or Fast Food
4. Take Progress Photo
5. Drink 1/2 Gallon of Water
6. Take 1 **Elev8** Capsule in the Morning
7. Take 1 **Acceler8 Restore** and 1 **Acceler8 Sleep** 30 Min Before Bedtime

Don't find fault...  
**Find a Remedy.**  
**KEEP MOVING FORWARD.**

**bmvm**  
**7 DAY SHRED**

**Putnam's Power Pack**

1 2 3  
○ ○ ○

4 5 6 7  
○ ○ ○ ○

**Daily Rules**

1. Follow a Balanced Diet
2. 30 Min Walking / Work-out
3. No Alcohol, Sugar or Fast Food
4. Take Progress Photo
5. Drink 1/2 Gallon of Water
6. Drink 1 **NutriNRG** After Breakfast
7. Drink 4-8 oz. **Royal Blue Tea** Before Lunch & Before Dinner
8. Drink 1 Stick Pack of **B-Keto** Every Morning in a Fasted State

Don't find fault...  
**Find a Remedy.**  
**KEEP MOVING FORWARD.**

**HOW IT WORKS** | Step 3: Send Your 7 Day Before/After Photo to [bmvmt@bepic.com](mailto:bmvmt@bepic.com) and share your testimony on the bmvmt facebook group.



**HOW IT WORKS** | Step 4: Keep Up the Good Work and Invite A Friend to Join You On This Epic Journey of A New You!!!

### **WHAT'S NEXT!?**

Congratulations, you made it through your 7 day shred!

Give yourself a pat on the back and be sure to celebrate yourself.

Reflect and meditate on what you have accomplished. Look at your inner strengths. Think about your “why” and celebrate the person you are today and the person you are about to become.

Keep grinding and complete your month supply of product. Send us your monthly results and participate in our giveaways to win gear, money, and supplements!

### **Ranks**

Complete 1 month | bmvmt Day 1, Week 1 Mentality

Complete 2 months | bmvmt Believer

Complete 3 months | bmvmt Goal Achiever

Complete 4 months | bmvmt Grinder

Complete 5 months | bmvmt Hustler

Complete 6 months | bmvmt Uncommon Amongst the Uncommon

Remember..... It All Starts With You!

Here are the links to the Product Info that you'll need:

## ENERGY



<https://be-epic.s3.amazonaws.com/Nutri-NRG+Product+Details.pdf>

## DETOX



<https://be-epic.s3.amazonaws.com/Royal+Blue+Tea+Product+Details.pdf>

## KETOGENESIS



<https://be-epic.s3.amazonaws.com/B-Keto+Product+Details.pdf>

# ENERGY & FOCUS



[https://be-epic.s3.amazonaws.com/Elev8+Product+Details+\(optimized\).pdf](https://be-epic.s3.amazonaws.com/Elev8+Product+Details+(optimized).pdf)

# RESTORE & SLEEP



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