



**TRANSFORM**<sup>TM</sup>  
**:20**

**GET  
STARTED**

# 5 SIMPLE STEPS

## STEP 1

Got a Step? Grab it. Need one? Get it from your Team Beachbody® Coach or purchase one online.

## STEP 2

Take your “before” photos and measurements, and document them in your **6-Week Transformation Tracker**. Also, complete your goals page.

## STEP 3

Read through the **Beachbody Nutrition Guide** and watch the *Get Ready to Transform*, *Step Safety*, and *How to Modify* videos.

## STEP 4

Press play on your first workout: **BURN**.

## STEP 5

Press play daily, and use your **6-Week Transformation Tracker** to track your workouts and Transformers. Each week, watch *Transform Your Life With Shaun T* to check in with the cast and get inspired. Finally, don't forget to share on social media with **#Transform20**.

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Your Team Beachbody Coach is always there to help you reach your goals by inviting you to join a Challenge Group and support your progress using the **My Challenge Tracker app**. Have a fitness or nutrition question? Visit the Community Boards at [BeachbodyExpertAdvice.com](http://BeachbodyExpertAdvice.com)

# TRANSFORM :20™

## Time to step up. 20 minutes a day. You and me.

### 20 MINUTES A DAY

After 5 minutes you'll be out of breath, at 10 minutes you'll be sweating, in 15 minutes you'll be looking at the clock, and by minute 20 you'll be done. Transform :20™ is a total-body, fat-burning workout with zero breaks.

### 6 DAYS A WEEK, 6 WEEKS

I'm asking you to commit to 6 days a week. It's going to be an intense 6 weeks, but the results will be worth it. The best part is you'll want to do it again.

### 3 CHAPTERS

- **COMMIT** For Weeks 1 and 2, I need you to show up and get to work. Simple as that. These first 2 weeks will build your foundation and get your mind right, your body moving and sweating.
- **CLIMB** In Weeks 3 and 4, I dial-up the intensity and add in new moves. The harder you work, the better your results, and that will motivate you to work even harder.
- **CONQUER** For the final 2 weeks, I want you to see what you're made of and what you can achieve. This is all about mind and body, pushing together to achieve your total transformation.

### A STEP

I'm a big fan of the Step. In fact, it was the first fitness class I took. And no, this isn't step aerobics. I designed this step program to transform everything in 20 minutes a day.

### TRANSFORMERS

In every workout, I created three 1-minute Transformers to challenge your body, your mind, and your will. With your 6-Week Transformation Tracker and Wall Calendar/Tracker, you'll write down how you did with your Transformers, to better measure your progress over the course of the program.

# THE WORKOUTS

Over the next 6 weeks, I'll make sure you work your entire body with a different workout each day of the week. No do-overs, no repeats, no breaks.

Before you begin working out, watch these 3 introductory videos:

**GET READY TO TRANSFORM** I'll show you everything you need to know and what you can expect for the next 6 weeks.

**STEP SAFETY** I'll show you how to use the Step safely and effectively. Don't miss this important video.

**HOW TO MODIFY** If the workouts are too intense, learn how to modify the moves.

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**PREP WORKOUTS** Learn the moves before you begin, so that you're ready for what's to come.

- **TRANSFORM IN 10**
  - **TRANSFORM IN 15**
- 

Now, let's get started. If possible, I want you to start Transform :20 on a Monday. That way, you can do it in real time with the cast and me. Here's an overview of each week's workouts:

**BURN** Focuses on sweating, fat-burning, and cardio exercises.

**FASTER** More cardio with a focus on agility and footwork challenges.

**STRONGER** Slower, more controlled full-body routine featuring squats, lunges, push-ups, and dips.

**POWERFUL** Combination of cardio and total-body conditioning with plyo and resistance moves.

**CUT** High reps, lots of holds and pulses that can get your entire body lean.

**BALANCED** A perfect end to the week that mixes core and stretch.

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**BONUS WORKOUTS** Want a bigger transformation? Add these to any workout for even better results.

## ABS

- 10 MIN ABS
- 15 MIN ABS
- 20 MIN ABS

## ADDITIONAL

- 10 MIN RECOVERY
- 10 MIN BEST BUTT
- 10 MIN CARDIO

## WITH WEIGHTS

- BUILT STRONGER 1.0, 2.0, 3.0
- RIP 'N CUT 1.0, 2.0, 3.0

## **BONUS: TRANSFORM YOUR LIFE WITH SHAUN T**

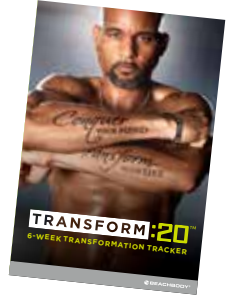
Don't miss our reality series and a behind-the-scenes sneak peek of the cast and me. I'll be pushing, inspiring, and motivating all of you to transform your lives every step of the way.

# PROGRAM MATERIALS



## 6-WEEK TRANSFORMATION TRACKER

During Transform :20, I want you to track your goals and everything in your day. I'll also give you a daily Shaun-Firmation to help keep you motivated.



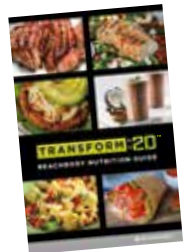
WALL CALENDAR/TRACKER							TRANSFORM:20
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## WALL CALENDAR/TRACKER

You'll be able to see which workout you'll be doing each day with a space to track your **Transformers** and check your progress week after week. Also, you can write your own daily Shaun-Firmation to keep motivated. Use the hybrid calendar to integrate workouts with weights into your 6 weeks.

## BEACHBODY NUTRITION GUIDE

We all know abs are made in the kitchen, so if you want a complete transformation you'll want to make sure you're eating right. This plan helps you eat clean, healthy, wholesome, filling, and delicious foods to help maximize your results.





*It's time to  
transform  
your body  
and  
your mind.*

*Shaun T*

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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