

# SHAUN T'S PREP FOR TRANSFORM :20 CALENDAR

DECEMBER

	S	M	T	W	T	F	S
2		T25: ALPHA CARDIO	SHAUN WEEK: INSANE BASICS	INSANITY MAX 30: TABATA STRENGTH	T25: SPEED 1.0	SHAUN WEEK: INSANE WEIGHTS	INSANITY ASYLUM VOL 1: RELIEF
9	REST	T25: TOTAL BODY CIRCUIT	TRANSFORM :20 FITFOMERCIAL + TRANSFORM IN 10	TRANSFORM IN 15 + INSANITY MAX 30: MAX OUT 15	SHAUN WEEK: RIPSANITY	T25: LOWER FOCUS	INSANITY ASYLUM VOL 1: RELIEF
16	REST	TRANSFORM IN 10 + TRANSFORM IN 15	INSANITY MAX 30: TABATA POWER	T25: SPEED 2.0	SHAUN WEEK: PURE CARDIO 2	TRANSFORM :20 FITFOMERCIAL	T25: AB INTERVALS
23	REST	TRANSFORM IN 10 + TRANSFORM IN 15	SHAUN WEEK: RIPSANITY	SHAUN WEEK: DIG DEEPER	T25: SPEED 3.0	INSANITY ASYLUM VOL 1: STRENGTH	SHAUN WEEK: SPEED 4.0
30	INSANITY ASYLUM VOL 1: RELIEF	TRANSFORM :20 FITFOMERCIAL + TRANSFORM IN 10					
31							

