

# SHAUN T'S PREP FOR TRANSFORM :20 CALENDAR

JANUARY

S	M	T	W	T	F	S
DEC 30 INSANITY ASYLUM VOL 1: RELIEF	DEC 31 TRANSFORM :20 SAMPLE WORKOUT + TRANSFORM IN 10	1 TRANSFORM :20 SAMPLE WORKOUT + IM 30: MAX OUT 15	2 INSANITY MAX 30: CARDIO CHALLENGE	3 T25: LOWER FOCUS	4 SHAUN WEEK: SPEED 4.0	5 HIP HOP ABS: FAT BURNING CARDIO
6 WATCH: HOW TO MODIFY TRANSFORM :20	7 TRANSFORM IN 15 + 100 PUSH-UPS ON EACH SIDE OF THE BEACHBODY STEP	8 T25: SPEED 2.0	9 SHAUN WEEK: INSANE WEIGHTS	10 TRANSFORM IN 10 + INSANITY FAST & FURIOUS	11 INSANITY ASYLUM VOL 1: STRENGTH	12 FIND YOUR NEAREST BEACHBODY SUPER WEEKEND FOR A TRANSFORM :20 WORKOUT
13 LIVESTREAM: TRANSFORM :20 WORKOUT WITH SHAUN T FOLLOW @SHAUNT ON SOCIAL	14 TRANSFORM :20 DAY 1	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

TO BEGIN YOUR TRANSFORM :20 JOURNEY

VISIT: <http://bit.ly/tsf20>

\*To be a part of our Exclusive Coach Test Group, enroll as a coach by January 31 at <http://bit.ly/tsf20>

