



## **BeachBody Transform :20 by Shaun T**

[https://  
www.beachbodyondemand.com/  
programs/transform-20/overview](https://www.beachbodyondemand.com/programs/transform-20/overview)

- The step used in this program is optional but highly recommended to increase results (similar steps can also be found on eBay or Amazon):

[\*\*https://www.teambeachbody.com/shop/gb/d/  
beachbody-step-BBSteps#learn-more\*\*](https://www.teambeachbody.com/shop/gb/d/beachbody-step-BBSteps#learn-more)

- Additionally, dumbbells are needed if you opt to do the weighted bonus workouts aswell.

**This is the complete Transform :20 workout program ripped in .mp4 format from the VIP Early Access on BeachBody On Demand. Includes all workouts including the main workouts for the Commit, Climb & Conquer phases, bonus workouts with & without weights along with extras like promotional material, a sample workout you can try beforehand, tips for the program & Shaun T's "Transform Your Life" webseries.**

- All documentation including the Calendars & Nutrition Guide are included (in .pdf format).

### **Directory structure inside the .rar file is as follows:**

#### **Codecs**

**Video codec pack & .pdf reader just incase you can't play the videos or open up the .pdf documentation.**

- AcroRdrDC1901020091\_en\_US.exe
- klcp\_update\_1477\_20190215.exe
- K-Lite\_Codec\_Pack\_1475\_Mega.exe

#### **Documentation**

**All documentation needed for the program including the nutritional guide & workout calendars.**

- 6-Week Transformation Tracker.pdf
- Calendar.pdf
- Get Started Guide.pdf
- Hybrid Calendar.pdf
- Nutrition Guide.pdf
- Prep Calendar 01.pdf
- Prep Calendar 02.pdf

## **Videos**

**Extra: Bonus material including the bonus workouts for the program & tips.**

### **Bonus Workouts**

#### **Bonus Weights**

- 01 - Rip 'N Cut 1.0.mp4
- 02 - Built Stronger 1.0.mp4
- 03 - Rip 'N Cut 2.0.mp4
- 04 - Built Stronger 2.0.mp4
- 05 - Rip 'N Cut 3.0.mp4
- 06 - Built Stronger 3.0.mp4

#### **Bonus Workouts**

- 01 - 10 Min Abs.mp4
- 02 - 10 Min Recovery.mp4
- 03 - 15 Min Abs.mp4
- 04 - 10 Min Best Butt.mp4
- 05 - 20 Min Abs.mp4
- 06 - 10 Min Cardio.mp4

## **Misc**

**Bonus promotional material including warm up workouts, a sample workout, Shaun T talking about his new program, Shaun T's "Transform Your Life" webseries & tips from various trainers using the program.**

### **Before You Transform**

- Transform In 10.mp4
- Transform In 15.mp4

### **Get Started**

- Get Ready To Transform.mp4
- How To Modify.mp4
- Preview.mp4
- Sample Workout.mp4
- Step Safety.mp4

### **Misc**

- Shaun T Talking About Transform 20.mp4
- Transform 20 Q&A With Shaun T.mp4

### **Transform Your Life With Shaun T**

- Episode 1.mp4

- Episode 2.mp4
- Episode 3.mp4
- Episode 4.mp4
- Episode 5.mp4
- Episode 6.mp4
- Episode 7.mp4

### **Tips**

- 3 Tips To Building Your Business with Transform 20.mp4
- Nutrition Guide Tips.mp4
- Transform 20 - 20 Tips To Rock Your Results.mp4
- Transform 20 - Meal Planning.mp4
- Transform 20 Meal Plan & Tips On Food Shopping & Meal Prepping.mp4
- Transform 20 Nutrition & Meal Guide Tutorial.mp4
- Transform 20 Nutrition Plans.mp4
- Transform 20 Nutrition.mp4
- Transform 20 Start & Mod Help.mp4
- Transform 20 Tips.mp4

### **Main**

**The actual main workouts for the program, 6 workouts per week Mon-Sat in 2 week blocks over 3 phases that increase in difficulty. Use the "Calendar .pdf" in the documentation to see which workout you need to do each day.**

### **Chapter 1 - Commit**

#### **Week 1**

- 01 Burn.mp4
- 02 Faster.mp4
- 03 Stronger.mp4
- 04 Powerful.mp4
- 05 Cut.mp4
- 06 Balanced.mp4

#### **Week 2**

- 01 Burn.mp4
- 02 Faster.mp4
- 03 Stronger.mp4
- 04 Powerful.mp4
- 05 Cut.mp4
- 06 Balanced.mp4

### **Chapter 2 - Climb**

#### **Week 3**

- 01 Burn.mp4
- 02 Faster.mp4
- 03 Stronger.mp4
- 04 Powerful.mp4
- 05 Cut.mp4
- 06 Balanced.mp4

#### **Week 4**

- 01 Burn.mp4
- 02 Faster.mp4
- 03 Stronger.mp4
- 04 Powerful.mp4
- 05 Cut.mp4
- 06 Balanced.mp4

### **Chapter 3 - Conquer**

#### **Week 5**

- 01 Burn.mp4
- 02 Faster.mp4
- 03 Stronger.mp4
- 04 Powerful.mp4
- 05 Cut.mp4
- 06 Balanced.mp4

#### **Week 6**

- 01 Burn.mp4
- 02 Faster.mp4
- 03 Stronger.mp4
- 04 Powerful.mp4
- 05 Cut & SHAUN-A-THON.mp4
- 06 Balanced.mp4

**Enjoy, keep safe whilst working out & have fun :)**

**These videos are ideal for anyone with a spotty & limited WiFi or 3G/4G connection, as the program is exclusive to BeachBody On Demand thus needing a good internet connection to view the workouts. However, i would say to anyone that BeachBody & in particular Shaun T are worth supporting so if you use these videos then please atleast consider purchasing**

**a BeachBody On Demand subscription & the Transform :20 program.**