




30-DAY WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PREP WEEK					SAMPLE WORKOUT	REVIEW • GET STARTED GUIDE • DANCE CONDITIONING: LET'S TURN UP!	MEAL PREP
WEEK 1	FEEL GOOD	ONE WAY	LET'S TONE UP*	SOLO QUIERO BAILAR	SHOW UP AND LIFT*	LIVIN' MY BEST LIFE	REST
WEEK 2	WOW	ONLY WAY IS UP	LIVIN' IN THE WEIGHTS*	SWING N' SHAKE	FEEL STRONG*	FAIS TOI CONFIANCE	REST
WEEK 3	LET'S GET UP!	BAILAMOS Y VIVIMOS	LET'S TONE UP*	RUN THE GAME	SHOW UP AND LIFT*	LEAVE IT ON THE FLOOR	REST
WEEK 4	SHOW UP & SHAPE UP	GOT THE LOVE	LIVIN' IN THE WEIGHTS*	BREAK THE RULES	FEEL STRONG*	ALWAYS FORWARD	REST

*RESISTANCE WORKOUT |  LET'S GET UP! is designed so you can choose your own path. Follow the calendar provided or select any workout in any order.

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INTERMEDIATE HYBRID CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	SAMPLE WORKOUT + LET'S ADD ON! FULL BODY*	DANCE CONDITIONING: LET'S TURN UP!	LET'S TONE UP*	<small>PROCLIMB</small> T25 SPEED 1.0	<small>PROCLIMB</small> SHAUN WEEK INSANE WEIGHTS*	FEEL GOOD	REST
WEEK 2	WOW	LIVIN' MY BEST LIFE	SHOW UP AND LIFT*	<small>PROCLIMB</small> T25 SPEED 2.0	<small>PROCLIMB</small> T25 RIP'T CIRCUIT*	FAIS TOI CONFIANCE	REST
WEEK 3	BREAK THE RULES	SHOW UP & SHAPE UP	LIVIN' IN THE WEIGHTS*	<small>PROCLIMB</small> SHAUN WEEK INSANE BASICS	<small>PROCLIMB</small> T25 THE PYRAMID*	LET'S GET UP!	REST
WEEK 4	SWING N' SHAKE	ONE WAY	FEEL STRONG*	<small>SHAUN'S BOO EXCLUSIVES</small> DIG EVEN DEEPER*	<small>PROCLIMB</small> SHAUN WEEK RIPSANITY*	ALWAYS FORWARD	REST

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ADVANCED HYBRID CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	BREAK THE RULES	LET'S GET UP!	SHAUN T'S <small>800 EXCLUSIVES</small> NLC STACKED STRENGTH WORKOUT*	<small>FOCUS</small> T25 SPEED 3.0	SHAUN T'S <small>800 EXCLUSIVES</small> DIG EVEN DEEPER*	ONE WAY + LET'S ADD ON! SHOULDERS, BIS, & TRIS*	REST
WEEK 2	FAIS TOI CONFIANCE + LET'S ADD ON! BICEPS, LEGS, & BOOTY*	WOW + INSANITY MAX:30 MAX OUT :15	INSANITY THE ASYLUM VOL 1 STRENGTH*	SHOW UP & SHAPE UP	RUN THE GAME + LET'S ADD ON! BACK, LEGS, & BOOTY*	SHOW UP AND LIFT*	REST
WEEK 3	SWING N' SHAKE	LEAVE IT ON THE FLOOR + INSANITY MAX:30 360 ABS	SHAUN T'S <small>800 EXCLUSIVES</small> NLC STACKED STRENGTH WORKOUT* + LET'S ADD ON! FULL BODY*	BAILAMOS Y VIVIMOS + INSANITY MAX:30 MAX OUT ABS	SHAUN T'S <small>800 EXCLUSIVES</small> STACKED SUMMIT WORKOUT*	FEEL GOOD	REST
WEEK 4	FEEL STRONG* + SHAUN WEEK SPEED 4.0	DANCE CONDITIONING: LET'S TURN UP! + <small>FOCUS</small> T25 TOTAL BODY CIRCUIT	<small>FOCUS</small> T25 THE PYRAMID* + LET'S ADD ON! BICEPS, LEGS, & BOOTY*	<small>TRANSFORM</small> :20 WEEK 1: FASTER + 10 MIN BEST BUTT	SHAUN WEEK 25 ABS + LET'S ADD ON! SHOULDERS, BIS, & TRIS*	INSANITY PURE CARDIO + ONE WAY	REST

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