

Are you ready to transform everything in 6 weeks? Abs. Legs. Butt. Your entire body. In each workout, you'll find three 1-minute Transformers to challenge you (labeled below as T1, T2, T3). Use this calendar to keep track of your performance and progress and watch your improvement week after week. Share video of yourself and your results on social media with #Transform20

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHAPTER 1: COMMIT	WEEK 1	DAY 0 WATCH TRANSFORM YOUR LIFE WITH SHAUN T AND TAKE DAY 1 PHOTOS	DAY 1 BURN T1: RAPID TAPS _____ T2: TWIST OBL KICKS _____ T3: ROCKETMAN _____	DAY 2 FASTER T1: OVER TOP, X JACK _____ T2: L REACH _____ T3: SKI ABS, IN/OUT _____	DAY 3 STRONGER T1: 90° AB TRAPPER _____ T2: HOVER AB KICKS _____ T3: BURPEE HOP _____	DAY 4 POWERFUL T1: PARKOUR _____ T2: TS SQUAT REACH _____ T3: LUNGE PUNCH _____	DAY 5 CUT T1: OVER STEP JUMP _____ T2: HAND REL PUSH-UP _____ T3: TRIANGLE _____	DAY 6 BALANCED T1: CLIMB PUSH-UPS _____ T2: PLANK, OBL TRAP _____ T3: BALANCED DIPS _____
	WEEK 2	DAY 7 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 8 BURN T1: RAPID TAPS _____ T2: TWIST OBL KICKS _____ T3: ROCKETMAN _____	DAY 9 FASTER T1: OVER TOP, X JACK _____ T2: L REACH _____ T3: SKI ABS, IN/OUT _____	DAY 10 STRONGER T1: 90° AB TRAPPER _____ T2: HOVER AB KICKS _____ T3: BURPEE HOP _____	DAY 11 POWERFUL T1: PARKOUR _____ T2: TS SQUAT REACH _____ T3: LUNGE PUNCH _____	DAY 12 CUT T1: OVER STEP JUMP _____ T2: HAND REL PUSH-UP _____ T3: TRIANGLE _____	DAY 13 BALANCED T1: CLIMB PUSH-UPS _____ T2: PLANK, OBL TRAP _____ T3: BALANCED DIPS _____
CHAPTER 2: CLIMB	WEEK 3	DAY 14 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 15 BURN T1: RAPID TAPS _____ T2: TWIST OBL KICKS _____ T3: ROCKETMAN _____	DAY 16 FASTER T1: OVER TOP, X JACK _____ T2: L REACH _____ T3: SKI ABS, IN/OUT _____	DAY 17 STRONGER T1: 90° AB TRAPPER _____ T2: HOVER AB KICKS _____ T3: BURPEE HOP _____	DAY 18 POWERFUL T1: PARKOUR _____ T2: TS SQUAT REACH _____ T3: LUNGE PUNCH _____	DAY 19 CUT T1: OVER STEP JUMP _____ T2: HAND REL PUSH-UP _____ T3: TRIANGLE _____	DAY 20 BALANCED T1: CLIMB PUSH-UPS _____ T2: PLANK, OBL TRAP _____ T3: BALANCED DIPS _____
	WEEK 4	DAY 21 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 22 BURN T1: RAPID TAPS _____ T2: TWIST OBL KICKS _____ T3: ROCKETMAN _____	DAY 23 FASTER T1: OVER TOP, X JACK _____ T2: L REACH _____ T3: SKI ABS, IN/OUT _____	DAY 24 STRONGER T1: 90° AB TRAPPER _____ T2: HOVER AB KICKS _____ T3: BURPEE HOP _____	DAY 25 POWERFUL T1: PARKOUR _____ T2: TS SQUAT REACH _____ T3: LUNGE PUNCH _____	DAY 26 CUT T1: OVER STEP JUMP _____ T2: HAND REL PUSH-UP _____ T3: TRIANGLE _____	DAY 27 BALANCED T1: CLIMB PUSH-UPS _____ T2: PLANK, OBL TRAP _____ T3: BALANCED DIPS _____
CHAPTER 3: CONQUER	WEEK 5	DAY 28 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 29 BURN T1: RAPID TAPS _____ T2: TWIST OBL KICKS _____ T3: ROCKETMAN _____	DAY 30 FASTER T1: OVER TOP, X JACK _____ T2: L REACH _____ T3: SKI ABS, IN/OUT _____	DAY 31 STRONGER T1: 90° AB TRAPPER _____ T2: HOVER AB KICKS _____ T3: BURPEE HOP _____	DAY 32 POWERFUL T1: PARKOUR _____ T2: TS SQUAT REACH _____ T3: LUNGE PUNCH _____	DAY 33 CUT T1: OVER STEP JUMP _____ T2: HAND REL PUSH-UP _____ T3: TRIANGLE _____	DAY 34 BALANCED T1: CLIMB PUSH-UPS _____ T2: PLANK, OBL TRAP _____ T3: BALANCED DIPS _____
	WEEK 6	DAY 35 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 36 BURN T1: RAPID TAPS _____ T2: TWIST OBL KICKS _____ T3: ROCKETMAN _____	DAY 37 FASTER T1: OVER TOP, X JACK _____ T2: L REACH _____ T3: SKI ABS, IN/OUT _____	DAY 38 STRONGER T1: 90° AB TRAPPER _____ T2: HOVER AB KICKS _____ T3: BURPEE HOP _____	DAY 39 POWERFUL T1: PARKOUR _____ T2: TS SQUAT REACH _____ T3: LUNGE PUNCH _____	DAY 40 CUT / SHAUN-A-THON T1: OVER STEP JUMPS _____ T2: HAND REL PUSH-UP _____ T3: TRIANGLE _____ T4: RAPID TAPS _____ T5: TWIST OBL KICKS _____ T6: ROCKETMAN _____ T7: PARKOUR _____ T8: TS SQUAT REACH _____ T9: LUNGE PUNCH _____	DAY 41 BALANCED T1: CLIMB PUSH-UPS _____ T2: PLANK, OBL TRAP _____ T3: BALANCED DIPS _____
		DAY 42 TAKE WEEK 6 PHOTOS	My daily SHAUN-FIRMATION:					

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