

# SHIFT<sup>TM</sup> SHOP

## THE HYBRID

Add variety and new challenges as you continue your shift.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	<ul style="list-style-type: none"> <li>• <b>P90X3 — TOTAL SYNERGISTICS</b></li> <li>• <b>SHIFT CORE</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>SPEED :35</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>STRENGTH :35</b></li> <li>• <b>SHIFT CORE</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>CIZE — YOU GOT THIS</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>STRENGTH :45</b></li> <li>• <b>SHIFT CORE</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>SPEED :45</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>REST OR</b></li> <li>• <b>3 WEEK YOGA RETREAT — FOUNDATION WEEK 1 — STRETCH</b></li> </ul>
WEEK 02	<ul style="list-style-type: none"> <li>• <b>STRENGTH :45</b></li> <li>• <b>SHIFT CORE</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>SPEED :45</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>CHALEAN EXTREME — PUSH CIRCUIT 1</b></li> <li>• <b>SHIFT CORE</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>22 MINUTE HARD CORPS — CARDIO 2</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>STRENGTH :50</b></li> <li>• <b>SUPER SHIFT CORE</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>SPEED :50</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>REST OR</b></li> <li>• <b>3 WEEK YOGA RETREAT — EXPANSION WEEK 2 — STRETCH</b></li> </ul>
WEEK 03	<ul style="list-style-type: none"> <li>• <b>SPEED :50</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>P90X3 — TOTAL SYNERGISTICS</b></li> <li>• <b>SHIFT CORE</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>PIYO — DRENCH</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>STRENGTH :50</b></li> <li>• <b>SUPER SHIFT CORE</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>21 DAY FIX EXTREME — CARDIO FIX EXTREME</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>CORE DE FORCE — DYNAMIC STRENGTH</b></li> <li>• <b>SUPER SHIFT CORE</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>REST OR</b></li> <li>• <b>3 WEEK YOGA RETREAT — PROGRESSION WEEK 3 — STRETCH</b></li> </ul>

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

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