



# 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> <b>T25</b> SPEED 1.0	<small>PROCLIMB</small> <b>SHAUN WEEK</b> INSANE WEIGHTS*	FEEL GOOD	REST
WEEK 2	WOW	LIVIN' MY BEST LIFE	SHOW UP AND LIFT*	<small>PROCLIMB</small> <b>T25</b> SPEED 2.0	<small>PROCLIMB</small> <b>T25</b> RIP'T CIRCUIT*	FAIS TOI CONFIANCE	REST
WEEK 3	BREAK THE RULES	SHOW UP & SHAPE UP	LIVIN' IN THE WEIGHTS*	<small>PROCLIMB</small> <b>SHAUN WEEK</b> INSANE BASICS	<small>PROCLIMB</small> <b>T25</b> 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> <b>SHAUN WEEK</b> RIPSANITY*	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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Not all workouts from Shaun's other programs are dubbed and subtitled in Spanish and French