

# SHIFT<sup>TM</sup> SHOP

## ROUND 1: THE REBUILD

**YOUR 3-WEEK RAPID REBUILD FIRES UP ON DAY 1.** Follow this calendar every day as you work your way through the SHIFT SHOP<sup>TM</sup>. Super Trainer CHRIS DOWNING is ready to get you inspired to push beyond your limits by ramping up the intensity each week, so you leave the SHIFT SHOP able to achieve beyond what you thought possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 01</b>	• <b>SPEED :25</b>	• <b>STRENGTH :25</b>	• <b>SPEED :25</b>	• <b>STRENGTH :25</b> • <b>SHIFT CORE</b>	• <b>SPEED :25</b>	• <b>STRENGTH :25</b> • <b>SHIFT CORE</b>	• <b>REST OR</b> • <b>SHIFT MOBILITY</b>
<b>WEEK 02</b>	• <b>SPEED :35</b>	• <b>STRENGTH :35</b>	• <b>SPEED :35</b>	• <b>STRENGTH :35</b> • <b>SHIFT CORE</b>	• <b>SPEED :35</b>	• <b>STRENGTH :35</b> • <b>SHIFT CORE</b>	• <b>REST OR</b> • <b>SHIFT MOBILITY</b>
<b>WEEK 03</b>	• <b>SPEED :45</b>	• <b>STRENGTH :45</b>	• <b>SPEED :45</b>	• <b>STRENGTH :45</b> • <b>SHIFT CORE</b>	• <b>SPEED :45</b>	• <b>STRENGTH :45</b> • <b>SHIFT CORE</b>	• <b>REST OR</b> • <b>SHIFT MOBILITY</b>

After you complete Round 1, send your “before” and “after” photos and stats to [TakeBBChallenge.com](http://TakeBBChallenge.com) to get a FREE T-shirt. Ready to shift to the next level? Flip this over for two more Rounds that will push you even further.

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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