



PROVING GROUNDS: CALENDAR

Follow this calendar every day as you work your way through the SHIFT SHOP. 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.

CELEBRATE YOUR SUCCESS Enter and submit your results into the Beachbody Challenge contest and you'll not only have the chance to win amazing cash prizes, but we'll even send you a free gift (while supplies last) to celebrate your amazing success. Go to BeachbodyChallenge.com for details.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PREP WEEK	QUICK SHIFT: SPEED	QUICK SHIFT: STRENGTH	QUICK SHIFT: SPEED	QUICK SHIFT: STRENGTH	PROVING GROUNDS: SPEED	PROVING GROUNDS: STRENGTH	REST OR SHIFT MOBILITY
WEEK 01	SPEED :25	STRENGTH :25 + SHIFT CORE	SPEED :25	STRENGTH :25 + SHIFT CORE	PROVING GROUNDS: SPEED	PROVING GROUNDS: STRENGTH	REST OR SHIFT MOBILITY
WEEK 02	SPEED :35	STRENGTH :35 + SHIFT CORE	SPEED :35	STRENGTH :35 + SHIFT CORE	PROVING GROUNDS: SPEED	PROVING GROUNDS: STRENGTH	REST OR SHIFT MOBILITY
WEEK 03	SPEED :45	STRENGTH :45 + SHIFT CORE	SPEED :45	STRENGTH :45 + SHIFT CORE	PROVING GROUNDS: SPEED	PROVING GROUNDS: STRENGTH	REST OR SHIFT MOBILITY

MAINTENANCE WEEK

To maintain your results using the program after you complete the SHIFT SHOP, simply alternate your favorite speed and strength workouts throughout the week while following the week 1 nutrition plan—but always be sure to **work toward the burn** with every move to continue to get the most out of your time in the Shop.

To be sure you are staying on track, check in with the Proving Grounds workouts at least once a month to see how your score stacks up.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINTAIN	ANY SPEED	ANY STRENGTH + SHIFT CORE	ANY SPEED	ANY STRENGTH + SHIFT CORE	ANY SPEED OR PROVING GROUNDS: SPEED	ANY STRENGTH OR PROVING GROUNDS: STRENGTH	REST OR SHIFT MOBILITY

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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