




SHAUN WEEK

SHAUN WEEK™: INSANE FOCUS is a brand-new, ruthless 7-day total-body fitness workout created by Shaun T. Inspired by his workouts from INSANITY® and FOCUS T25®, Shaun won't make it easy but he will keep you motivated to Dig Deeper® than you ever thought possible, every single day. Go at it again and again or mix SHAUN WEEK with other Shaun T workouts to keep your results going long after Week One. Get back to your fittest with Shaun at his rawest—just remember to go INSANE but keep your FOCUS!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Insane Basics	Pure Cardio 2	Insane Weights 	25 Abs 	Ripsanity 	Speed 4.0	Dig Deep

You'll need a set of light- to medium-weight dumbbells for Insane Weights and Ripsanity, and an exercise mat for 25 Abs.

If you're new to working out or want less intensity, follow the modifier in a chair for a low-impact version of each move that keeps you off the floor until you're strong enough to progress. Either way, you're in for a good workout! We also recommend a towel, water, and Beachbody Performance™ to get the most from your workouts.



Mat



Dumbbells



Chair (Optional Modifier)



Beachbody Performance Energize



Beachbody Performance Hydrate



Beachbody Performance Recover

For more information, visit BeachbodyPerformance.com.

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

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