



SHIFT
SHOP
JUMPSTART

You're here to make the shift to get better. Better starts with your best effort, every day—in and out of the Shop. Physically. Emotionally. Mentally. But you won't be doing this alone. We'll be doing it together. This is your 3-Week Rapid Rebuild.

I want you to think about eating right, performing better, gaining confidence, and overcoming obstacles. I want you to think of what motivates you—your health, your family, your desire to improve. Finally, I want you to make a promise to yourself to give your best each and every day. As I said, we're doing this together. So when the going gets tough, remember that promise. And know that every challenge, big or small, is an important part of your journey toward getting leaner, faster, stronger—and most importantly, healthier. To get you rolling from Day 1, I've broken everything down into 4 easy steps. You ready to make the shift? C'mon, let's get better.

CLQ:

Chris Downing

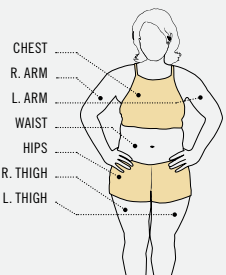
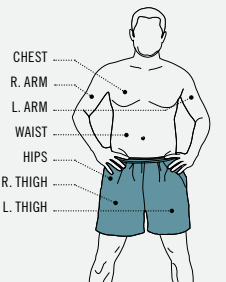


STEP**1****TRACK YOUR SHIFT**

Let's take a look at where you are right now. Then, we'll do it again at the end of 3 weeks.

Shoot your BEFORE photos the day prior to your first workout. When you complete the SHIFT SHOP™, shoot your AFTER photos. Track your BEFORE and AFTER weight.

M E A S U R E M E N T S

		TODAY	WEEK 3
	CHEST		
	R. ARM		
	L. ARM		
	WAIST		
	HIPS		
	TOTAL INCHES		
	R. THIGH		
	L. THIGH		
	WEIGHT		

ENTER THE BEACHBODY CHALLENGE® TO WIN SERIOUS CASH

Submit your BEFORE and AFTER photos to TakeBBChallenge.com when you complete the program. We'll send you a free SHIFT SHOP T-shirt and enter you to win big cash and prizes.

STEP 2 FUEL UP

What you eat during the SHIFT SHOP is just as important as your workouts. Use this calculator to determine which eating plan you'll be on—we'll give you meal ideas and shopping lists to make sure you fuel up as you rebuild your body.

The SHIFT SHOP Fuel Analyzer

1. GENDER		SCORE
Female	+0	
Male	+1	
2. WEIGHT		SCORE
130 lbs. or less	-1	
131–160 lbs.	0	
161–180 lbs.	+1	
181–220 lbs.	+2	
221 lbs. and up	+3	
3. HEIGHT		SCORE
5'2" or less	-1	
5'3"–5'8"	0	
5'9"–6'2"	+1	
6'3" and up	+2	
TOTAL SCORE		

4. Use your final number to find the corresponding Fuel Plan.

YOUR SCORE	YOUR PLAN	YOUR CALORIES
1 OR LESS	PLAN A	1,200–1,499 calories
2	PLAN B	1,500–1,799 calories
3	PLAN C	1,800–2,099 calories
4 OR MORE	PLAN D	2,100–2,400 calories

5. Take your assigned Fuel Plan and consult the SIMPLE SHIFT NUTRITION GUIDE for Weekly Shopping Lists + Menus.

STEP

3

GET THE RIGHT TOOLS

Make sure you have the tools you need to stay challenged for each workout in the Shop so you can get better every day.

BEACHBODY® AGILITY MARKERS

Arrange these 4 colored markers in different formations during **Speed** workouts to help you stay focused while challenging you through each move. To add an extra challenge, spread them farther apart in an open space to really push your speed, endurance, and footwork.



DUMBBELLS

Heavy weights are not required to get you results in the Shop. However, a set of dumbbells will help you become stronger and more defined as you make your shift. Men, 10–20 lbs./ Women, 5–10 lbs. will do the trick. To throttle up your results, challenge yourself to increase the weight throughout the program.



STEP**4**

HIT THE IGNITION

Each week, Chris will gradually ramp up the duration and intensity of your workouts, to maximize your results in the Shop. Follow the **CALENDAR** so you know exactly which workout to do each day. Mark your progress, eat according to your **FUEL PLAN**, and get ready to give it your all.



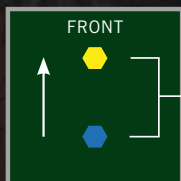
THE MODIFIER

New to fitness or just getting back into it after some time off? Follow the **MODIFIER** for a lower-intensity—but still challenging—workout, until you're feeling strong.

MARKER FORMATIONS

In the SHIFT SHOP, use your Beachbody Agility Markers in the following formations to challenge your coordination, agility, and endurance. The **Blue Marker** serves as “Home Base” for each formation. The markers should always be placed on an even, dry surface, and used only as directed to avoid injury.

**SPEED
:25**



SPACING TIP: The workouts are designed to challenge you with a distance 2–3 paces apart at their widest point—but that doesn't mean you can't modify by moving them closer or continue to challenge yourself by seeing how far you can go!

**SPEED
:35**



FORMATION 1



FORMATION 2

**SPEED
:45**



FORMATION 1

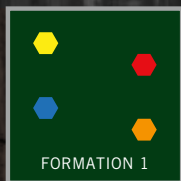


FORMATION 2



FORMATION 3

**SUPER
SPEED
:50***



FORMATION 1



FORMATION 2



FORMATION 3

*Super Speed :50 is available in the SHIFT SHOP Deluxe Kit, and to All-Access Beachbody On Demand members.

UNLEASH YOUR GREATNESS

After completing your 3-Week Rapid Rebuild, your body will be ready to take on exciting new challenges. And that's where **BEACHBODY ON DEMAND** comes in.

Stream hundreds of world-class workouts

from world-famous programs, like **INSANITY®**, **P90X®**, and **FOCUS T25®**, on your smartphone, laptop, tablet, or TV.

Gain access to exclusive Super Trainer workouts

only available to Beachbody On Demand members, and shift your results to the next level.

Save big with an Annual Membership

(over \$55 a year) compared to other membership options.*



To start your Beachbody On Demand membership, contact your **Team Beachbody® Coach** or go to **BeachbodyOnDemand.com**



*All memberships automatically renew. Cancel anytime to avoid future charges. See website for details.

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

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