

SHAUN T HYBRID CALENDAR



Congratulations on finishing **SHAUN WEEK™: INSANE FOCUS!** Can't get enough of Shaun T? Well look no further—we've got you covered. Try this 30-day Shaun T hybrid calendar, start another Shaun T program on Beachbody® On Demand, or you can always get in another round of SHAUN WEEK!

SHAUN WEEK was intense—that's why you start with a Rest Day. And at the end of every week you get a choice between an Active Recovery workout or taking the day off. Just be sure to take advantage of giving your body a recovery day so you're ready to start the next week.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Rest Day	INSANITY Cardio Power & Resistance	INSANITY MAX:30 Cardio Challenge	SHAUN WEEK Insane Weights	INSANITY: THE ASYLUM Speed & Agility	FOCUS T25: Alpha Speed 1.0
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
INSANITY Recovery / Rest Day	INSANITY MAX:30 Sweat Intervals	SHAUN WEEK Ripsanity	INSANITY: THE ASYLUM Vertical Plyo	FOCUS T25: Alpha Total Body Circuit	INSANITY Pure Cardio	INSANITY MAX:30 Tabata Strength
Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
INSANITY: THE ASYLUM Relief / Rest Day	SHAUN WEEK Pure Cardio 2	INSANITY: THE ASYLUM Vol. 2 X Trainer	FOCUS T25: Beta Core Cardio	INSANITY MAX:30 MAX Out Strength	INSANITY MAX Interval Circuit	INSANITY: THE ASYLUM Vol. 2 Power Legs
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27
FOCUS T25: Alpha Stretch / Rest Day	INSANITY MAX:30 Sweat Fest	FOCUS T25: Beta Rip't Circuit	SHAUN WEEK Speed 4.0	INSANITY: THE ASYLUM Vol. 2 Back & 6 Pack	INSANITY MAX Cardio Conditioning	FOCUS T25: Beta Upper FOCUS
Day 28	Day 29	Day 30				
INSANITY MAX:30 Pulse / Rest Day	SHAUN WEEK Dig Deep	FOCUS T25: Gamma Rip't Up				