A muscular man with a shaved head and a goatee is in a crouched position on a black and green step platform. He is wearing black shorts and blue and white sneakers. He has a tattoo on his left arm that reads "Transform Your Life". The background is a dark, industrial setting with a brick wall and a large window.

TRANSFORM™
:20

**GET
STARTED**

5 SIMPLE STEPS

STEP 1

Got a Step? Grab it. Need one? Get it from your Team Beachbody® Coach or purchase one online.

STEP 2

Take your “before” photos and measurements, and document them in your **6-Week Transformation Tracker**. Also, complete your goals page.

STEP 3

Read through the **Beachbody Nutrition Guide** and watch the *Get Ready to Transform*, *Step Safety*, and *How to Modify* videos.

STEP 4

Press play on your first workout: **BURN**.

STEP 5

Press play daily, and use your **6-Week Transformation Tracker** to track your workouts and Transformers. Each week, watch *Transform Your Life With Shaun T* to check in with the cast and get inspired. Finally, don't forget to share on social media with **#Transform20**.

Your Team Beachbody Coach is always there to help you reach your goals by inviting you to join a Challenge Group and support your progress using the **My Challenge Tracker app**. Have a fitness or nutrition question? Visit the Community Boards at BeachbodyExpertAdvice.com

TRANSFORM :20™

**Time to step up. 20 minutes a day.
You and me.**

20 MINUTES A DAY

After 5 minutes you'll be out of breath, at 10 minutes you'll be sweating, in 15 minutes you'll be looking at the clock, and by minute 20 you'll be done. Transform :20™ is a total-body, fat-burning workout with zero breaks.

6 DAYS A WEEK, 6 WEEKS

I'm asking you to commit to 6 days a week. It's going to be an intense 6 weeks, but the results will be worth it. The best part is you'll want to do it again.

3 CHAPTERS

- **COMMIT** For Weeks 1 and 2, I need you to show up and get to work. Simple as that. These first 2 weeks will build your foundation and get your mind right, your body moving and sweating.
- **CLIMB** In Weeks 3 and 4, I dial-up the intensity and add in new moves. The harder you work, the better your results, and that will motivate you to work even harder.
- **CONQUER** For the final 2 weeks, I want you to see what you're made of and what you can achieve. This is all about mind and body, pushing together to achieve your total transformation.

A STEP

I'm a big fan of the Step. In fact, it was the first fitness class I took. And no, this isn't step aerobics. I designed this step program to transform everything in 20 minutes a day.

TRANSFORMERS

In every workout, I created three 1-minute Transformers to challenge your body, your mind, and your will. With your 6-Week Transformation Tracker and Wall Calendar/Tracker, you'll write down how you did with your Transformers, to better measure your progress over the course of the program.

THE WORKOUTS

Over the next 6 weeks, I'll make sure you work your entire body with a different workout each day of the week. No do-overs, no repeats, no breaks.

Before you begin working out, watch these 3 introductory videos:

GET READY TO TRANSFORM I'll show you everything you need to know and what you can expect for the next 6 weeks.

STEP SAFETY I'll show you how to use the Step safely and effectively. Don't miss this important video.

HOW TO MODIFY If the workouts are too intense, learn how to modify the moves.

PREP WORKOUTS Learn the moves before you begin, so that you're ready for what's to come.

• **TRANSFORM IN 10** • **TRANSFORM IN 15**

Now, let's get started. If possible, I want you to start Transform :20 on a Monday. That way, you can do it in real time with the cast and me. Here's an overview of each week's workouts:

BURN Focuses on sweating, fat-burning, and cardio exercises.

FASTER More cardio with a focus on agility and footwork challenges.

STRONGER Slower, more controlled full-body routine featuring squats, lunges, push-ups, and dips.

POWERFUL Combination of cardio and total-body conditioning with plyo and resistance moves.

CUT High reps, lots of holds and pulses that can get your entire body lean.

BALANCED A perfect end to the week that mixes core and stretch.

BONUS WORKOUTS Want a bigger transformation? Add these to any workout for even better results.

ABS

- 10 MIN ABS
- 15 MIN ABS
- 20 MIN ABS

ADDITIONAL

- 10 MIN RECOVERY
- 10 MIN BEST BUTT
- 10 MIN CARDIO

WITH WEIGHTS

- BUILT STRONGER 1.0, 2.0, 3.0
- RIP 'N CUT 1.0, 2.0, 3.0

BONUS: TRANSFORM YOUR LIFE WITH SHAUN T

Don't miss our reality series and a behind-the-scenes sneak peek of the cast and me. I'll be pushing, inspiring, and motivating all of you to transform your lives every step of the way.

PROGRAM MATERIALS



6-WEEK TRANSFORMATION TRACKER

During Transform :20, I want you to track your goals and everything in your day. I'll also give you a daily Shaun-Firmation to help keep you motivated.



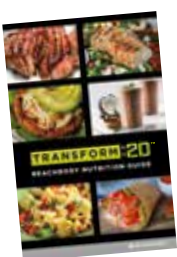
WALL CALENDAR/TRACKER						
TRANSFORM:20						
WEEK	DAY	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 1	DAY 1	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 1	DAY 2	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 1	DAY 3	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 1	DAY 4	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 1	DAY 5	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 1	DAY 6	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 1	DAY 7	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 2	DAY 1	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 2	DAY 2	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 2	DAY 3	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
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WEEK 2	DAY 7	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 3	DAY 1	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
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WEEK 3	DAY 4	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
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WEEK 3	DAY 6	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 3	DAY 7	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 4	DAY 1	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 4	DAY 2	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 4	DAY 3	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 4	DAY 4	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
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WEEK 4	DAY 7	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 5	DAY 1	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
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WEEK 5	DAY 3	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 5	DAY 4	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 5	DAY 5	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 5	DAY 6	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 5	DAY 7	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 6	DAY 1	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 6	DAY 2	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 6	DAY 3	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 6	DAY 4	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 6	DAY 5	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 6	DAY 6	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20
WEEK 6	DAY 7	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20	TRANSFORM:20

WALL CALENDAR/TRACKER

You'll be able to see which workout you'll be doing each day with a space to track your **Transformers** and check your progress week after week. Also, you can write your own daily Shaun-Firmation to keep motivated. Use the hybrid calendar to integrate workouts with weights into your 6 weeks.

BEACHBODY NUTRITION GUIDE

We all know abs are made in the kitchen, so if you want a complete transformation you'll want to make sure you're eating right. This plan helps you eat clean, healthy, wholesome, filling, and delicious foods to help maximize your results.





*It's time to
transform
your body
and
your mind.*

Shaun T

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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