



SHIFT
SHOP

SHIFT[®]
SHOP
JUMPSTART

You're here for one reason: to get better. Better starts with your best effort, every day—in and out of the Shop. Physically. Emotionally. Mentally. Each week you train with purpose in the SHIFT SHOP®—then strive for your personal best at the Proving Grounds, giving your all to prove what's possible when you really make the shift.

During this program, I want you to focus on eating right, performing your best, gaining confidence, and overcoming obstacles. I want you to think about what motivates you—your health, your family, your desire to change. Finally, I want you to make a promise to yourself to give your best each and every day. So when the going gets tough—when you feel any sort of doubt—remember that promise. And know that every challenge, every improvement, big or small, is an important part of your journey toward getting leaner, faster, stronger—and most importantly, healthier.

I designed this program to help you get started quickly, gain results efficiently, and improve your personal best dramatically. You ready to make the shift? C'mon, let's get better.



Chris Downing

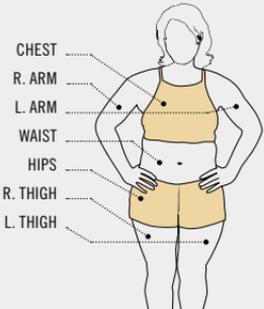
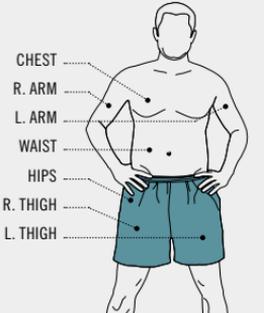


STEP**1****TRACK YOUR SHIFT**

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

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 and measurements.

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

	BEFORE	AFTER
 <p>CHEST R. ARM L. ARM WAIST HIPS R. THIGH L. THIGH</p>	CHEST	
	R. ARM	
	L. ARM	
	WAIST	
	HIPS	
 <p>CHEST R. ARM L. ARM WAIST HIPS R. THIGH L. THIGH</p>	R. THIGH	
	L. THIGH	
	TOTAL INCHES	
	WEIGHT	

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.

STEP

2

GET THE RIGHT TOOLS

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

BEACHBODY® AGILITY MARKERS

Arrange these 4 colored markers in different formations 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.

SCORESHEETS

Be sure to have your scoresheets ready for when you hit the Proving Grounds. The sheets will help you track your score during the workout so you know what to beat the following week. These can be found on Beachbody On Demand under SHIFT SHOP Program Materials.

SHAKEOLOGY® and BEACHBODY PERFORMANCE™

To get the most out of any workout, you need to be able to push hard and recover fast. Start with **Shakeology** to help provide the foundation that allows you to take on the challenge of change. With its carefully crafted blend of potent ingredients, Shakeology is designed to help fill your nutrition gaps so your body gets what it craves to perform at its best. And on workout days, **Beachbody Performance** supplements can help you get the most out of every minute. Start with **Energize** before your workout to push harder, and during your workout, **Hydrate** provides electrolytes while keeping you quenched. **Recover** post-workout and **Recharge** before bed can help you get ready to hit it hard again tomorrow.*

The SHIFT SHOP is designed around a specific nutrition plan targeted and tested to create specific results. If you are currently having success with a comprehensive approach to nutrition like Portion Fix® or 2B Mindset™, it is fine to stick with those plans while following these workouts, but keep in mind that may have an effect on your energy levels or results you may experience.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

STEP**3**

PREP WEEK — PREPARE TO SHIFT

Chris wants you to get the most out of the SHIFT SHOP, so he's setting you up with a prep week to help you ease into the workouts and clean up your diet before you begin the 3-week program. Each day you have 1 physical and 1 nutritional task to complete as you get ready for the shift.

DAY 1

Physical: *Quick Shift: Speed*

Grab your Agility Markers and do your best as you try Quick Shift: Speed for the first time.

Nutrition: *Learn to Hydrate*

You don't need to shift your eating habits quite yet. For proper hydration, it's best to calculate your daily water target by dividing your body weight (pounds) in half. That's the number of ounces to aim for every day for best results.

DAY 2

Physical: *Quick Shift: Strength*

Grab your dumbbells and get your lift on with Quick Shift: Strength. If the weights seem too light this time around, think about switching to heavier weights next time.

Nutrition: *Lose the Junk*

Clear the pantry of anything that'll be a distraction during this program. Packaged, highly processed foods like chips, pretzels, and sweetened cereals are off the table. And from here on out, avoid drinking alcohol or sugary beverages.

DAY 3

Physical: *Quick Shift: Speed*

Time to revisit Quick Shift: Speed. Now that you know the moves, try to pick up the speed.

Nutrition: *Read Up*

Read the **Simple Shift Nutrition Guide** to calculate your Fuel Plan and go over the Food Lists. Figure out which veggies and lean proteins you like because you'll be getting a lot more of them during the SHIFT SHOP. For great Prep Week recipes, check out the Prep Week section of the **SHIFT SHOP Recipes** booklet.

DAY 4

Physical: *Quick Shift: Strength*

Now that you know the moves and the right weights to use, give Quick Shift: Strength your best effort this second time around.

Nutrition: *Try Something New*

Prepare a recipe from the **SHIFT SHOP Recipes** booklet. And now is a good time to make a point of incorporating more of these healthy recipes into each day.

DAY 5

Physical: *Proving Grounds: Speed*

It's time to set your baseline score for Proving Grounds: Speed. Do your best and know that you should see improvement over the next 3 weeks. Before you press play, try Beachbody Performance Energize to help sharpen your focus, push harder, and get the most out of your workout.*

Nutrition: *Plan Your Meals*

It's easy to plan your meals for the upcoming week with handy tools like the **SHIFT SHOP Recipes** booklet, **Simple Shift Nutrition Guide**, and Beachbody Blog. If you have time, plan all 3 weeks! To make morning meals a little easier, follow a Shakeology recipe as part of a healthy breakfast.

DAY 6

Physical: *Proving Grounds: Strength*

Set your baseline score for Proving Grounds: Strength. This workout can be challenging the first time around so do your best—and remember, your score is meant to be beat as you get stronger! After your workout, drinking Beachbody Performance Recover can help support muscle protein synthesis so you can start week 1 on the right foot.*

Nutrition: *Stock Up*

Make a grocery list for the upcoming week based on yesterday's plan and go grocery shopping! Take a page out of your **SHIFT SHOP Recipes** booklet and fill up on hearty Easy Turkey Chili before you head out to avoid shopping hungry. Stick to your list!

DAY 7

Today, you rest. If you're feeling tight, try the Shift Mobility workout to loosen up for the beginning of week 1!

Nutrition: *Meal Prep*

Pre-prepare as much as possible for the week ahead. Wash and bag greens and other produce; grill your protein; and cook big batches of spaghetti squash, beans, lentils, or roasted sweet potatoes. If possible, portion them out so they're ready to grab when hunger hits.

STEP

4

BEGIN SHIFT SHOP!

You prepped your nutritious foods and posted your Proving Grounds score. Now you're ready to follow the SHIFT SHOP program and see how much leaner, faster, and stronger you'll get over the next 3 weeks as you make the shift!

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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