

SHIFT SHOP™ Participant Starter Guide



A message from Chris Downing

Welcome to the SHIFT SHOP! I'm pumped that you're committing to your health and fitness for the next 3 weeks. If you follow the Simple Shift Nutrition Guide and work out with us every day, you're going to see a significant shift in the way your body looks and feels. As we begin, I want you to promise that you'll give me maximum effort. And don't worry—I, along with your Coach, will be in your corner to empower you every step of the way. Together, we're going to help you get fit and lose up to 10 pounds, as well as shift your mindset into one that allows you to maintain the results you achieve.

And here's the best part. It doesn't matter where you're starting from. Anyone at any age or fitness level can see significant results. You'll improve every time you make a healthy food choice or go just a little harder through the workout. So stick with it, and remember that—along with your Coach—I'll be cheering for you the entire way. Are you ready? LET'S GET BETTER.

What are the commitments for the SHIFT SHOP Challenge Group?

- Work out 6 days a week, with active recovery on the 7th day, for 3 weeks according to the Rapid Rebuild Calendar
- Daily workout lengths: 25 minutes in Week 1, 35 minutes in Week 2, 45 minutes in Week 3
- Take your photos and measurements on Day 1 and Day 21
- Follow the Simple Shift Nutrition Guide
- Drink Shakeology® and/or Beachbody Performance™ Energize and Recover daily
- Track your workouts and Shakeology intake and interact with your Coach and group through the My Challenge Tracker app or a private Facebook group—whichever platform your Coach designates
- Press play on your DVDs or log on to Beachbody® On Demand with your computer, tablet, or mobile device to stream your workouts from anywhere so you never miss a day