

SHAUN WEEK is HERE!

Today was day #1 of Shaun Week. If you are at all familiar with Shaun T, you know how much fun this week is going to be! Shaun T created Insanity, CIZE, IM Max 30, T25 and much more. Shaun week is 7 days of new Shaun T workouts released daily on Beachbody On Demand. Day #1 is in the books. Heading to bed so I can be ready for day #2! The intensity will keep going up as the days continue. Day #2, here we come!

