

# Transformation Tuesday

In honor of transformation Tuesday, take a look at this! You have heard me talk about the new program coming out in July called SHIFT SHOP. April was a participant in the TEST GROUP and look at her amazing results. Do you feel ready to rebuild your body? Reinvent your life? In only 3 weeks, you can have a transformation –and go from where you are now to where you want to be. Coming this July!



The SHIFT SHOP is the first Beachbody program from our newest

Super Trainer, Chris Downing. He's an elite, functional fitness trainer who specializes in helping anyone—no matter how much you weigh, your size, your age—get into amazing shape fast.

The program starts you out slow in Week 1 with 25-minute cardio and strength workouts you can really do, and a nutrition plan you can stick with. In Week 2, you push harder with 35-minute workouts, and consume more protein to fuel the burn. Finally, in Week 3, you kick your shift into high gear: 45-minute workouts and clean eating.

The results when you cross the finish line? Stunning.

## **What Is the SHIFT SHOP?**

The SHIFT SHOP is a ramp-up fitness program. Chris makes it easy for you to start. Then he gradually increases the intensity of the cardio and strength-training workouts week by week – all while refining your nutrition. Plus, he makes it a lot of fun.

Week 1, Chris uses shorter, 25-minute workouts that'll help you stay focused and committed. And you'll be eating a healthy balance of carbs, protein, and fat.

Week 2, just as your body adapts to the workouts, Chris increases their length to 35 minutes. Plus, you'll cut back on the starchy carbs, while revving up the proteins and veggies.

Week 3, it all comes together. Seven days of higher-intensity workouts, while eating clean. This is your grand finale.

And there's even a modifier you can follow, so you can always get through all the moves, and still get a great workout.

What can you expect after 3 weeks in the shop? Nothing but results. Your body should be leaner, faster, stronger. And because Chris will be shifting you toward a healthier mindset

as well, you'll be able to build on these accomplishments for the rest of your life.

Get ready! July is right around the corner.