



DOUBLE DAY: FOR MAXIMUM RESULTS, SHAUN RECOMMENDS DOING TWO WORKOUTS ON FRIDAYS. IF YOU DON'T HAVE TIME FOR TWO WORKOUTS...NO WORRIES. YOU CAN ALWAYS GET THE SECOND ONE ON THE WEEKEND!

STATURDAY! TODAY IS THE DAY YOU UPDATE YOUR STATE AND SEE HOW MUCH YOUR HARD WORK HAS PAID OFF!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
Week 1	<p>CARDIO</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>SPEED 1.0</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>TOTAL BODY CIRCUIT</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>AB INTERVALS</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>CARDIO AND LOWER FOCUS</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>Weight <input type="text"/></p> <p>Chest <input type="text"/></p> <p>Waist <input type="text"/></p> <p>Arm <input type="text"/></p> <p>Thigh <input type="text"/></p>	STRETCH
Week 2	<p>CARDIO</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>TOTAL BODY CIRCUIT</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>SPEED 1.0</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>CARDIO</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>LOWER FOCUS & AB INTERVALS</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>Weight <input type="text"/></p> <p>Chest <input type="text"/></p> <p>Waist <input type="text"/></p> <p>Arm <input type="text"/></p> <p>Thigh <input type="text"/></p>	STRETCH
Week 3	<p>TOTAL BODY CIRCUIT</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>SPEED 1.0</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>LOWER FOCUS</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>CARDIO</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>TOTAL BODY CIRCUIT & AB INTERVALS</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>Weight <input type="text"/></p> <p>Chest <input type="text"/></p> <p>Waist <input type="text"/></p> <p>Arm <input type="text"/></p> <p>Thigh <input type="text"/></p>	STRETCH
Week 4	<p>CARDIO</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>TOTAL BODY CIRCUIT</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>LOWER FOCUS</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>TOTAL BODY CIRCUIT</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>AB INTERVALS & SPED 1.0</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>Weight <input type="text"/></p> <p>Chest <input type="text"/></p> <p>Waist <input type="text"/></p> <p>Arm <input type="text"/></p> <p>Thigh <input type="text"/></p>	STRETCH
Week 5	<p>TOTAL BODY CIRCUIT</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>AB INTERVALS</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>TOTAL BODY CIRCUIT</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>CARDIO</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>TOTAL BODY CIRCUIT & LOWER FOCUS</p> <p><input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT</p>	<p>Weight <input type="text"/></p> <p>Chest <input type="text"/></p> <p>Waist <input type="text"/></p> <p>Arm <input type="text"/></p> <p>Thigh <input type="text"/></p>	STRETCH