

SHIFT SHOP

ROUND 1: THE REBUILD

YOUR 3-WEEK RAPID REBUILD FIRES UP ON DAY 1. Follow this calendar every day as you work your way through the SHIFT SHOP™. Super Trainer CHRIS DOWNING is ready to get you inspired to push beyond your limits by ramping up the intensity each week, so you leave the SHIFT SHOP able to achieve beyond what you thought possible.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--------------------|-----------------------|--------------------|--|--------------------|--|---|
| WEEK 01 | • SPEED :25 | • STRENGTH :25 | • SPEED :25 | • STRENGTH :25 • SHIFT CORE | • SPEED :25 | • STRENGTH :25 • SHIFT CORE | • REST OR • SHIFT MOBILITY |
| WEEK 02 | • SPEED :35 | • STRENGTH :35 | • SPEED :35 | • STRENGTH :35 • SHIFT CORE | • SPEED :35 | • STRENGTH :35 • SHIFT CORE | • REST OR • SHIFT MOBILITY |
| WEEK 03 | • SPEED :45 | • STRENGTH :45 | • SPEED :45 | • STRENGTH :45 • SHIFT CORE | • SPEED :45 | • STRENGTH :45 • SHIFT CORE | • REST OR • SHIFT MOBILITY |

After you complete Round 1, send your "before" and "after" photos and stats to Take88Challenge.com to get a FREE T-shirt. Ready to shift to the next level? Flip this over for two more Rounds that will push you even further.

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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Boeing Magazine ,1942 **The Survey** ,1928 Decisions and Orders of the National Labor Relations Board United States. National Labor Relations Board,1984 Catalog of War Production Board Reporting and Application Forms, as of November 2, 1945 United States. War Production Board,1947 **Annual Report** Hawaiian Commercial & Sugar Company,1948 Heave Together ,1918 **The Industrial clinic** Edgar Leigh Collis,1920 **Awards of the Second Division, National Railroad Adjustment Board, with Index** United States. National Railroad Adjustment Board, *Motor Age* ,1924 **Awards ... Third Division, National Railroad Adjustment Board** United States. National Railroad Adjustment Board, **Report...** ,1919 Awards of the Second Division, National Railroad Adjustment Board, with an Appendix ... United States. National Railroad Adjustment Board,1970 **The Bulletin** ,1916 **The Boilermakers and Iron Ship Builders Journal** ,1919 **Minutes of Proceedings of the ... Annual Convention of the Glass Bottle Blowers' Association of United States and Canada** Glass Bottle Blowers Association of the United States and Canada,1917 **Notice of Appeal Supreme Court** , **Norfolk and Western Magazine** Norfolk and Western Railway Company,1947 *Engineering and Mining Journal* ,1923 *Plane-power* ,1946 **Report on Testing and Evaluation of the Transit Expressway** MPC Corporation,1967

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