



# 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 1	•SPEED :25	•STRENGTH :25	•SPEED :25	•STRENGTH :25 SHIFT CORE	•SPEED :25	•STRENGTH :25 SHIFT CORE	•REST OF SHIFT MOBILITY
WEEK 2	•SPEED :35	•STRENGTH :35	•SPEED :35	•STRENGTH :35 SHIFT CORE	•SPEED :35	•STRENGTH :35 SHIFT CORE	•REST OF SHIFT MOBILITY
WEEK 3	•SPEED :45	•STRENGTH :45	•SPEED :45	•STRENGTH :45 SHIFT CORE	•SPEED :45	•STRENGTH :45 SHIFT CORE	•REST OF SHIFT MOBILITY

After you complete Round 1, send your “before” and “after” photos and stats to [TakeBBChallenge.com](http://TakeBBChallenge.com) to get a FREE T-shirt.