



SHAPE SHIFTER



30-Day's to a Better You!!

Welcome to the ShapeShifter body changing program. This four-week plan is designed to blast belly fat, sculpt muscle, and leave you energized and excited—not tired and bored. Think of it as an eight-week "fitness surge" that will push you to achieve better and better results, all year long.

Login

< username

< enter password

< SUBMIT

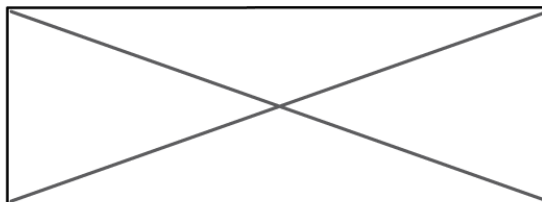
New

< create username

< create password

< SUBMIT

Easy-to-Follow Exercises



Track Your Progress!!





http://



Welcome Mark.

Are you ready to start your program?

Your workout program is just a click away.

Just enter your weight, click start and begin your workout.

Complete as many reps as you can of each exercise in 2 minutes. Log your reps while the 30 second rest timer counts down and then move on to the next exercise. After you complete and log Exercise 10, you will be taken to your home page that shows stats about your workout program.

◀ Submit Weight

START WORKOUT



http://



Welcome back, Mark.

Are you ready to do your next workout?

Click start and getted started on your next workout.

Complete as many reps as you can of each excercise in 2 minutes. Log your reps while the 30 second rest timer counts down and then move on to the next exercise. After you complete and log Exercise 10, you will be taken to your home page that shows stats about your workout program.

[View logistics](#)[START WORKOUT](#)

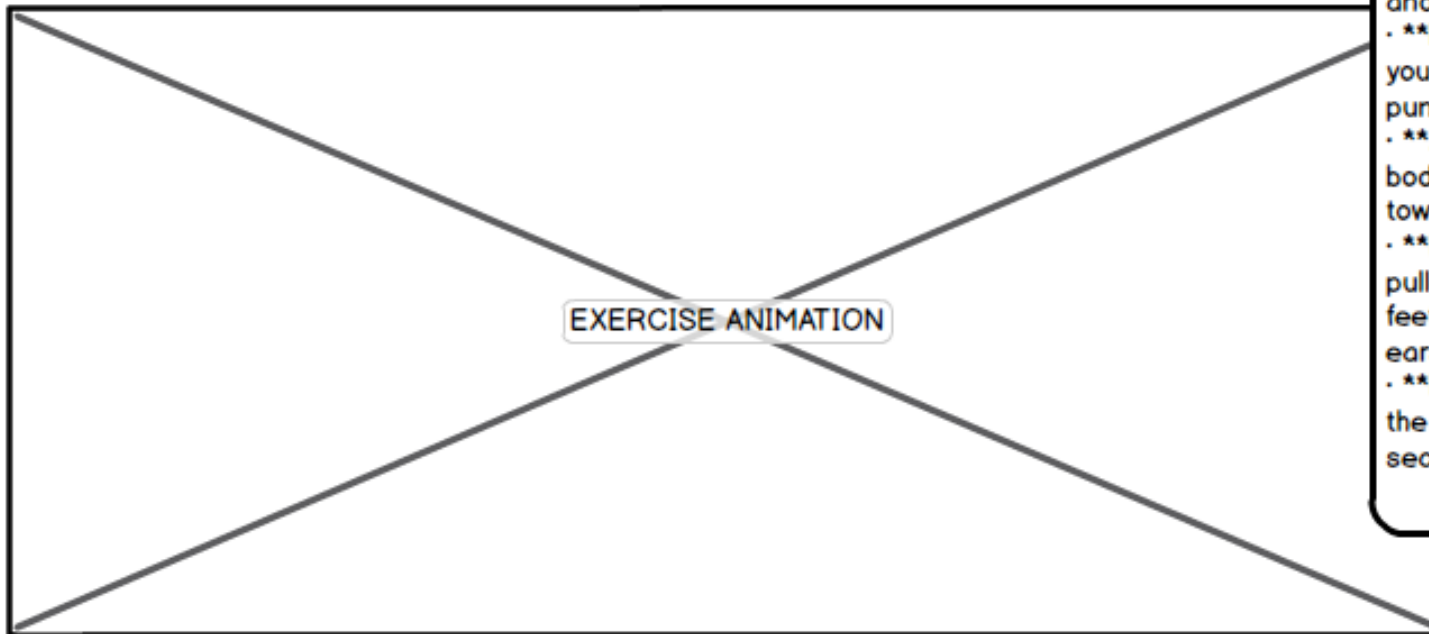


http://



Exercise Name

Do as many reps as you can in 2 minutes.



- ****Squeeze your glutes and quadriceps.**
- ****Brace your core, as if you're about to be punched in the gut.**
- ****As you lower your body, pull your elbows toward your sides.**
- ****Keep your shoulders pulled down toward your feet, away from your ears.**
- ****Make it harder: Hold the down position for 2 seconds.**

TIMER 2:00



rest



http://



Exercise Name



Do as many reps as you can in 2 minutes.

REST TIMER

00:30

ENTER REPS

TIMER 2:00



next





http://



Exercise Name



Do as many reps as you can in 2 minutes.

ALMOST DONE

ENTER REPS

TIMER 2:00





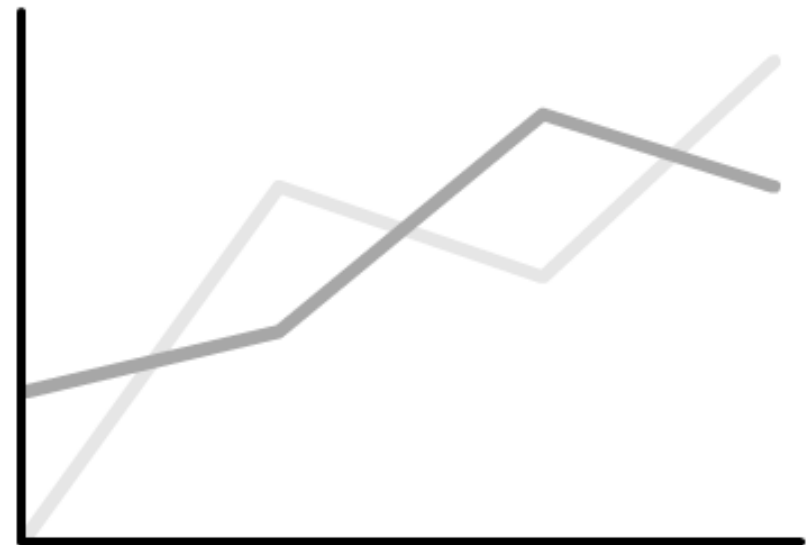
http://



Congratulations Name!!

You have completed day 3 of 30 days.

Exercise Chart ▲	Age ▼	Nickname	Employee ▼
Giacomo Guilizzoni Founder & CEO	37	Peldi	<input type="radio"/>
Marco Botton Tuttofare	34		<input checked="" type="checkbox"/>
Mariah Maclachlan Better Half	37	Patata	<input type="checkbox"/>
Valerie Liberty Head Chef	:)	Val	<input checked="" type="checkbox"/>
Guido Jack Guilizzoni	6	The Guids	<input type="checkbox"/>



Weight loss progress

See you tomorrow for Day 4!!