

Download Shaun T Nutrition Guide For Insanity

If you've ever done a Shaun T program, like INSANITY or FOCUS T25, you know he doesn't mince words. He's brutally honest — in a good way. He cuts through the noise and helps you focus on the work you need to do to achieve your goals.06.22.18. Transform 20: Beachbody's Shaun T Workout Guide This post may contain affiliate links. All opinions shared are my own. Click to view our full disclosure. Get ready to transform your body and your mind in just 20 minutes a day. It's you, Shaun T, and a step, six days a week for six weeks.. After five minutes, you'll be breathing hard. At 10 minutes you'll be sweating and your muscles will be burning. Beachbody and Insanity trainer Shaun T is out with a new workout, Transform: 20, that takes the step machine workout to a whole new level.