

START DATE: _____

FINISH DATE: _____

FOCUS T25: ALPHA PHASE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO	SPEED 1.0	TOTAL BODY CIRCUIT	AB INTERVALS	LOWER FOCUS CARDIO	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 2	CARDIO	TOTAL BODY CIRCUIT	SPEED 1.0	CARDIO	LOWER FOCUS AB INTERVALS	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 3	TOTAL BODY CIRCUIT	SPEED 1.0	LOWER FOCUS	CARDIO	TOTAL BODY CIRCUIT AB INTERVALS	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 4	CARDIO	TOTAL BODY CIRCUIT	LOWER FOCUS	TOTAL BODY CIRCUIT	AB INTERVALS SPEED 1.0	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 5	TOTAL BODY CIRCUIT	AB INTERVALS	TOTAL BODY CIRCUIT	CARDIO	TOTAL BODY CIRCUIT LOWER FOCUS	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH

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START DATE: _____

FINISH DATE: _____

FOCUS T25: BETA PHASE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6	CORE CARDIO	SPEED 2.0	RIP'T CIRCUIT	DYNAMIC CORE	UPPER FOCUS CORE CARDIO	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 7	DYNAMIC CORE	CORE CARDIO	RIP'T CIRCUIT	UPPER FOCUS	RIP'T CIRCUIT SPEED 2.0	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 8	CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIP'T CIRCUIT	DYNAMIC CORE SPEED 2.0	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 9	RIP'T CIRCUIT	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0 UPPER FOCUS	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 10	RIP'T CIRCUIT	CORE CARDIO	RIP'T CIRCUIT	DYNAMIC CORE	RIP'T CIRCUIT SPEED 2.0	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH

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