

START DATE: _____

FINISH DATE: _____

FOCUS T25

ALPHA/BETA HYBRID



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO (ALPHA)	UPPER FOCUS (BETA)	SPEED 1.0 (ALPHA)	LOWER FOCUS (ALPHA)	AB INTERVALS (ALPHA)	STRETCH WORKOUT (OPTIONAL)	STRETCH WORKOUT (OPTIONAL)
WEEK 2	CORE CARDIO (BETA)	TOTAL BODY CIRCUIT (ALPHA)	SPEED 2.0 (BETA)	DYNAMIC CORE (BETA)	CORE SPEED (BONUS)	STRETCH WORKOUT (OPTIONAL)	STRETCH WORKOUT (OPTIONAL)
WEEK 3	RIP'T CIRCUIT (BETA)	CARDIO (ALPHA)	UPPER FOCUS (BETA)	SPEED 1.0 (ALPHA)	LOWER FOCUS (ALPHA)	STRETCH WORKOUT (OPTIONAL)	STRETCH WORKOUT (OPTIONAL)
WEEK 4	CORE SPEED (BONUS)	AB INTERVALS (ALPHA)	TOTAL BODY CIRCUIT (ALPHA)	DYNAMIC CORE (BETA)	SPEED 2.0 (BETA)	STRETCH WORKOUT (OPTIONAL)	STRETCH WORKOUT (OPTIONAL)
WEEK 5	CARDIO (ALPHA)	RIP'T CIRCUIT (BETA)	UPPER FOCUS (BETA)	SPEED 2.0 (BETA)	LOWER FOCUS (ALPHA)	STRETCH WORKOUT (OPTIONAL)	STRETCH WORKOUT (OPTIONAL)

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