

START DATE: _____

FINISH DATE: _____

FOCUS T25: PURE GAMMA



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	SPEED 3.0	RIP'T UP	EXTREME CIRCUIT	THE PYRAMID	SPEED 3.0	RECORD YOUR STATUS	STRETCH
WEEK 2	RIP'T UP	EXTREME CIRCUIT	SPEED 3.0	THE PYRAMID	RIP'T UP	RECORD YOUR STATUS	STRETCH
WEEK 3	THE PYRAMID	SPEED 3.0	RIP'T UP	EXTREME CIRCUIT	THE PYRAMID	RECORD YOUR STATUS	STRETCH
WEEK 4	EXTREME CIRCUIT	RIP'T UP	SPEED 3.0	THE PYRAMID	EXTREME CIRCUIT	RECORD YOUR STATUS	STRETCH

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START DATE: _____

FINISH DATE: _____

**FOCUS T25:
PURE STRENGTH HYBRID**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	SPEED 3.0	RIP'T UP	EXTREME CIRCUIT	THE PYRAMID	TOTAL BODY CIRCUIT SPEED 3.0	RECORD YOUR STATUS	STRETCH
WEEK 2	THE PYRAMID	SPEED 3.0	UPPER FOCUS	RIP'T CIRCUIT	EXTREME CIRCUIT DYNAMIC CORE	RECORD YOUR STATUS	STRETCH
WEEK 3	EXTREME CIRCUIT	THE PYRAMID	RIP'T UP	SPEED 3.0	TOTAL BODY CIRCUIT UPPER FOCUS	RECORD YOUR STATUS	STRETCH
WEEK 4	THE PYRAMID	SPEED 3.0	RIP'T UP	DYNAMIC CORE	EXTREME CIRCUIT UPPER FOCUS	RECORD YOUR STATUS	STRETCH

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