

START DATE: _____

FINISH DATE: _____

FOCUS T25 / TURBOFIRE HYBRID



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO (ALPHA)	LOW HIIT 20 (TF)	UPPER FOCUS (BETA)	FIRE 30 (TF)	RIP'T CIRCUIT (BETA)	T25 OR TF STRETCH WORKOUT (OPTIONAL)	T25 OR TF STRETCH WORKOUT (OPTIONAL)
WEEK 2	DYNAMIC CORE (BETA)	HIIT 25 (TF)	AB INTERVALS (ALPHA)	LOW HIIT 25 (TF)	CORE SPEED (BONUS)	T25 OR TF STRETCH WORKOUT (OPTIONAL)	T25 OR TF STRETCH WORKOUT (OPTIONAL)
WEEK 3	SPEED 2.0 (BETA)	HIIT 15 + ABS 10 (TF)	LOWER FOCUS (ALPHA)	DYNAMIC CORE (BETA)	LOWER FOCUS (ALPHA)	T25 OR TF STRETCH WORKOUT (OPTIONAL)	T25 OR TF STRETCH WORKOUT (OPTIONAL)
WEEK 4	HIIT 15 + ABS 10 (TF)	TOTAL BODY CIRCUIT (ALPHA)	SPEED 1.0 (ALPHA)	CORE CARDIO (BETA)	SPEED 2.0 (BETA)	T25 OR TF STRETCH WORKOUT (OPTIONAL)	T25 OR TF STRETCH WORKOUT (OPTIONAL)
WEEK 5	UPPER FOCUS (BETA)	FIRE 30 (TF)	LOWER FOCUS (ALPHA)	HIIT 15 + ABS 10 (TF)	CORE SPEED (BONUS)	T25 OR TF STRETCH WORKOUT (OPTIONAL)	T25 OR TF STRETCH WORKOUT (OPTIONAL)

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