

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	<b>STATURDAY</b> RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 2	CARDIO	TOTAL BODY CIRCUIT	SPEED 1.0	CARDIO	LOWER FOCUS AB INTERVALS	<b>STATURDAY</b> RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 3	TOTAL BODY CIRCUIT	SPEED 1.0	LOWER FOCUS	CARDIO	TOTAL BODY CIRCUIT AB INTERVALS	<b>STATURDAY</b> RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 4	CARDIO	TOTAL BODY CIRCUIT	LOWER FOCUS	TOTAL BODY CIRCUIT	AB INTERVALS SPEED 1.0	<b>STATURDAY</b> RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 5	TOTAL BODY CIRCUIT	AB INTERVALS	TOTAL BODY CIRCUIT	CARDIO	TOTAL BODY CIRCUIT LOWER FOCUS	<b>STATURDAY</b> 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	<b>STATURDAY</b> RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 7	DYNAMIC CORE	CORE CARDIO	RIP'T CIRCUIT	UPPER FOCUS	RIP'T CIRCUIT SPEED 2.0	<b>STATURDAY</b> RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 8	CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIP'T CIRCUIT	DYNAMIC CORE SPEED 2.0	<b>STATURDAY</b> RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 9	RIP'T CIRCUIT	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0 UPPER FOCUS	<b>STATURDAY</b> RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 10	RIP'T CIRCUIT	CORE CARDIO	RIP'T CIRCUIT	DYNAMIC CORE	RIP'T CIRCUIT SPEED 2.0	<b>STATURDAY</b> RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH

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