

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	REST	STRETCH
WEEK 2	CARDIO	TOTAL BODY CIRCUIT	SPEED 1.0	CARDIO	LOWER FOCUS AB INTERVALS	REST	STRETCH
WEEK 3	TOTAL BODY CIRCUIT	SPEED 1.0	LOWER FOCUS	CARDIO	TOTAL BODY CIRCUIT AB INTERVALS	REST	STRETCH
WEEK 4	CARDIO	TOTAL BODY CIRCUIT	LOWER FOCUS	TOTAL BODY CIRCUIT	AB INTERVALS SPEED 1.0	REST	STRETCH
WEEK 5	TOTAL BODY CIRCUIT	AB INTERVALS	TOTAL BODY CIRCUIT	CARDIO	TOTAL BODY CIRCUIT LOWER FOCUS	REST	STRETCH

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FOCUS T25 - BETA PHASE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CORE CARDIO	SPEED 2.0	RIP-T CIRCUIT	DYNAMI C CORE	UPPER FOCUS CORE CARDIO	REST	STRETCH
WEEK 2	DYNAMI C CORE	CORE CARDIO	RIP-T CIRCUIT	UPPER FOCUS	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH
WEEK 3	CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIP-T CIRCUIT	DYNAMI C CORE SPEED	REST	STRETCH
WEEK 4	RIP-T CIRCUIT	DYNAMI C CORE	CORE CARDIO	DYNAMI C CORE	SPEED 2.0 UPPER FOCUS	REST	STRETCH
WEEK 5	RIP-T CIRCUIT	CORE CARDIO	RIP-T CIRCUIT	DYNAMI C CORE	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH
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FOCUS T25 - GAMMA PHASE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	SPEED 3.0	RIP'T UP	EXTREME CIRCUIT	THE PYRAMI D	SPEED 3.0	REST	STRETCH
WEEK 2	RIP'T UP	EXTREME CIRCUIT	SPEED 3.0	THE PYRAMI D	RIP'T UP	REST	STRETCH
WEEK 3	THE PYRAMI D	SPEED 3.0	RIP'T UP	EXTREME CIRCUIT	THE PYRAMI D	REST	STRETCH
WEEK 4	EXTREME CIRCUIT	RIP'T UP	SPEED 3.0	THE PYRAMI D	EXTREME CIRCUIT	REST	STRETCH

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