## **FOCUS T25 - BETA PHASE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE CARDIO	SPEED 2.0	RIP-T CIRCUIT	DYNAMIC CORE	UPPER FOCUS CORE	REST	STRETCH
DYNAMIC CORE	CORE CARDIO	RIP-T CIRCUIT	UPPER FOCUS	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH
CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIP-T CIRCUIT	DYNAMIC CORE SPEED 2.0	REST	STRETCH
RIP-T CIRCUIT	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0 UPPER FOCUS	REST	STRETCH
RIP-T CIRCUIT	CORE CARDIO	RIP-T CIRCUIT	DYNAMIC CORE	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH
	CORE CARDIO  DYNAMIC CORE  CORE CARDIO  RIP-T CIRCUIT	CORE CARDIO  DYNAMIC CORE CARDIO  CORE UPPER FOCUS  RIP-T DYNAMIC CORE  RIP-T CORE	CORE CARDIO  SPEED 2.0  RIP-T CIRCUIT  DYNAMIC CORE CARDIO  CORE UPPER SPEED 2.0  RIP-T DYNAMIC CORE CARDIO  RIP-T CORE CARDIO  RIP-T CORE CARDIO	CORE CARDIO  SPEED 2.0  RIP-T CIRCUIT  DYNAMIC CORE RIP-T UPPER FOCUS  CORE CARDIO  CORE SPEED 2.0  RIP-T CIRCUIT  RIP-T CORE  RIP-T CORE  RIP-T CORE  RIP-T CORE  RIP-T CORE  RIP-T DYNAMIC CORE  RIP-T CORE  RIP-T DYNAMIC	CORE CARDIO  SPEED 2.0  RIP-T CIRCUIT  DYNAMIC CORE CARDIO  DYNAMIC CORE CARDIO  CORE CARDIO  RIP-T CIRCUIT  SPEED 2.0  RIP-T CIRCUIT  SPEED 2.0  RIP-T CIRCUIT  SPEED 2.0  RIP-T CIRCUIT  SPEED 2.0  RIP-T CIRCUIT  CORE SPEED 2.0  RIP-T CIRCUIT  CORE SPEED 2.0  RIP-T CIRCUIT  CORE SPEED 2.0  RIP-T CORE SPEED 2.0  RIP-T CORE SPEED 2.0  RIP-T CORE CARDIO  RIP-T CORE CARDIO  RIP-T CORE FOCUS  RIP-T CORE FOCUS  RIP-T CORE FOCUS  RIP-T CORE FOCUS  RIP-T CORE FOCUS	CORE CARDIO  SPEED 2.0  RIP-T CIRCUIT  DYNAMIC CORE CARDIO  DYNAMIC CORE CARDIO  CORE CARDIO  RIP-T CIRCUIT  SPEED 2.0  RIP-T CIRCUIT  SPEED 2.0  RIP-T CIRCUIT  SPEED 2.0  RIP-T CORE CARDIO  RIP-T CIRCUIT  SPEED 2.0  RIP-T CORE SPEED 2.0  RIP-T CORE SPEED 2.0  RIP-T CORE SPEED 2.0  RIP-T CORE CARDIO  RIP-T CIRCUIT  REST

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