

## FOCUS T25 - BETA PHASE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	CORE CARDIO	SPEED 2.0	RIP-T CIRCUIT	DYNAMIC CORE	UPPER FOCUS CORE CARDIO	REST	STRETCH
<b>WEEK 2</b>	DYNAMIC CORE	CORE CARDIO	RIP-T CIRCUIT	UPPER FOCUS	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH
<b>WEEK 3</b>	CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIP-T CIRCUIT	DYNAMIC CORE SPEED 2.0	REST	STRETCH
<b>WEEK 4</b>	RIP-T CIRCUIT	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0 UPPER FOCUS	REST	STRETCH
<b>WEEK 5</b>	RIP-T CIRCUIT	CORE CARDIO	RIP-T CIRCUIT	DYNAMIC CORE	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH

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