

## FOCUS T25 - GAMMA PHASE

|           | MONDAY             | TUESDAY            | WEDNESDAY          | THURSDAY           | FRIDAY             | SATURDAY | SUNDAY  |
|-----------|--------------------|--------------------|--------------------|--------------------|--------------------|----------|---------|
| WEEK<br>1 | SPEED 3.0          | RIP'T UP           | EXTREME<br>CIRCUIT | THE<br>PYRAMID     | SPEED 3.0          | REST     | STRETCH |
| WEEK<br>2 | RIP'T UP           | EXTREME<br>CIRCUIT | SPEED 3.0          | THE<br>PYRAMID     | RIP'T UP           | REST     | STRETCH |
| WEEK<br>3 | THE<br>PYRAMID     | SPEED 3.0          | RIP'T UP           | EXTREME<br>CIRCUIT | THE<br>PYRAMID     | REST     | STRETCH |
| WEEK<br>4 | EXTREME<br>CIRCUIT | RIP'T UP           | SPEED 3.0          | THE<br>PYRAMID     | EXTREME<br>CIRCUIT | REST     | STRETCH |

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