

FOCUS T25

ALPHA

MON

CARDIO

NAILED IT! ☐ BARELY MADE IT ☐

TUE

SPEED 1.0

NAILED IT! ☐ BARELY MADE IT ☐

WED

TOTAL BODY

NAILED IT! ☐ BARELY MADE IT ☐

THU

AB INTER.

NAILED IT! ☐ BARELY MADE IT ☐

FRI

CARDIO &
LOWER FOCUS

NAILED IT! ☐ BARELY MADE IT ☐

SAT

REST

NAILED IT! ☐ BARELY MADE IT ☐

SUN

STRETCH

NAILED IT! ☐ BARELY MADE IT ☐

CARDIO

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TOTAL BODY

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SPEED 1.0

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CARDIO

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LOWER FOCUS &
AB INTERVALS

NAILED IT! ☐ BARELY MADE IT ☐

REST

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STRETCH

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