

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

FOCUS T25 - BETA PHASE

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