

FOCUS T25®

BETA

BETA CYCLE FOCUS: THE CORE FOCUS AND GO FOR THE NEXT 5 WEEKS.

*WANT TO START GAMMA EARLY?

You can start using GAMMA during the last two weeks of BETA. Here's how:

Swap:
**UPPER
FOCUS**
for:



RIP'T UP

Swap:
**RIP'T
CIRCUIT**
for:



**EXTREME
CIRCUIT**

Swap:
**SPEED
2.0**
for:



**SPEED
3.0**

To Order GAMMA go to Beachbody.com or TeamBeachbody.com.

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.

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[DOUBLE DAY-optional]: For an extra metabolic burn, don't just do two workouts on Fridays, try doing the workouts back-to-back.

STATURDAY. Tracking your progress is vital to your success. For tips on how to take proper measurements, go to T25.COM and click on the "Nailed It" T-shirt.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	[DOUBLE DAY] FRIDAY	STATURDAY	SUNDAY
WEEK 1	CORE CARDIO 	SPEED 2.0 	RIP'T CIRCUIT 	DYNAMIC CORE 	UPPER FOCUS [CORE CARDIO] 	Weight Chest Waist Arm Thigh 	STRETCH
WEEK 2	DYNAMIC CORE 	CORE CARDIO 	RIP'T CIRCUIT 	UPPER FOCUS 	RIP'T CIRCUIT [SPEED 2.0] 	Weight Chest Waist Arm Thigh 	STRETCH
WEEK 3	CORE CARDIO 	UPPER FOCUS 	SPEED 2.0 	RIP'T CIRCUIT 	DYNAMIC CORE [SPEED 2.0] 	Weight Chest Waist Arm Thigh 	STRETCH
WEEK 4	RIP'T CIRCUIT* 	DYNAMIC CORE 	CORE CARDIO 	DYNAMIC CORE 	SPEED 2.0* [UPPER FOCUS*] 	Weight Chest Waist Arm Thigh 	STRETCH
WEEK 5	RIP'T CIRCUIT* 	CORE CARDIO 	RIP'T CIRCUIT* 	DYNAMIC CORE 	RIP'T CIRCUIT* [SPEED 2.0*] 	Weight Chest Waist Arm Thigh 	STRETCH

If you have the CORE SPEED workout in your DVD wallet, you can use it in place of SPEED 2.0 anywhere it appears on the calendar.

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