

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:



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 [NAILED IT] [BARELY MADE IT]	SPEED 2.0 [NAILED IT] [BARELY MADE IT]	RIP'T CIRCUIT [NAILED IT] [BARELY MADE IT]	DYNAMIC CORE [NAILED IT] [BARELY MADE IT]	UPPER FOCUS [NAILED IT] [BARELY MADE IT] [CORE CARDIO] [NAILED IT] [BARELY MADE IT]	Weight [] Chest [] Waist [] Arm [] Thigh []	STRETCH
WEEK 2	DYNAMIC CORE [NAILED IT] [BARELY MADE IT]	CORE CARDIO [NAILED IT] [BARELY MADE IT]	RIP'T CIRCUIT [NAILED IT] [BARELY MADE IT]	UPPER FOCUS [NAILED IT] [BARELY MADE IT]	RIP'T CIRCUIT [NAILED IT] [BARELY MADE IT] [SPEED 2.0] [NAILED IT] [BARELY MADE IT]	Weight [] Chest [] Waist [] Arm [] Thigh []	STRETCH
WEEK 3	CORE CARDIO [NAILED IT] [BARELY MADE IT]	UPPER FOCUS [NAILED IT] [BARELY MADE IT]	SPEED 2.0 [NAILED IT] [BARELY MADE IT]	RIP'T CIRCUIT [NAILED IT] [BARELY MADE IT]	DYNAMIC CORE [NAILED IT] [BARELY MADE IT] [SPEED 2.0] [NAILED IT] [BARELY MADE IT]	Weight [] Chest [] Waist [] Arm [] Thigh []	STRETCH
WEEK 4	RIP'T CIRCUIT* [NAILED IT] [BARELY MADE IT]	DYNAMIC CORE [NAILED IT] [BARELY MADE IT]	CORE CARDIO [NAILED IT] [BARELY MADE IT]	DYNAMIC CORE [NAILED IT] [BARELY MADE IT]	SPEED 2.0* [NAILED IT] [BARELY MADE IT] [UPPER FOCUS*] [NAILED IT] [BARELY MADE IT]	Weight [] Chest [] Waist [] Arm [] Thigh []	STRETCH
WEEK 5	RIP'T CIRCUIT* [NAILED IT] [BARELY MADE IT]	CORE CARDIO [NAILED IT] [BARELY MADE IT]	RIP'T CIRCUIT* [NAILED IT] [BARELY MADE IT]	DYNAMIC CORE [NAILED IT] [BARELY MADE IT]	RIP'T CIRCUIT* [NAILED IT] [BARELY MADE IT] [SPEED 2.0*] [NAILED IT] [BARELY MADE IT]	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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