

FOCUS T25 ALPHA

ALPHA CYCLE FOCUS: THE FOUNDATION

FOLLOW THIS CALENDAR FOR 25 DAYS OF WORK. WHEN YOU'RE DONE, FOLLOW THE BETA CALENDAR.
Check off the "Nailed It" or "Barely Made It" box so you know just how many days you got your butt kicked by these 25-minute workouts.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
WEEK 1	CARDIO <input type="checkbox"/> <input type="checkbox"/>	SPEED 1.0 <input type="checkbox"/> <input type="checkbox"/>	TOTAL BODY CIRCUIT <input type="checkbox"/> <input type="checkbox"/>	AB INTERVALS <input type="checkbox"/> <input type="checkbox"/>	CARDIO & LOWER FOCUS <input type="checkbox"/> <input type="checkbox"/>	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH
WEEK 2	CARDIO <input type="checkbox"/> <input type="checkbox"/>	TOTAL BODY CIRCUIT <input type="checkbox"/> <input type="checkbox"/>	SPEED 1.0 <input type="checkbox"/> <input type="checkbox"/>	CARDIO <input type="checkbox"/> <input type="checkbox"/>	LOWER FOCUS & AB INTERVALS <input type="checkbox"/> <input type="checkbox"/>	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH
WEEK 3	TOTAL BODY CIRCUIT <input type="checkbox"/> <input type="checkbox"/>	SPEED 1.0 <input type="checkbox"/> <input type="checkbox"/>	LOWER FOCUS <input type="checkbox"/> <input type="checkbox"/>	CARDIO <input type="checkbox"/> <input type="checkbox"/>	TOTAL BODY CIRCUIT & AB INTERVALS <input type="checkbox"/> <input type="checkbox"/>	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH
WEEK 4	CARDIO <input type="checkbox"/> <input type="checkbox"/>	TOTAL BODY CIRCUIT <input type="checkbox"/> <input type="checkbox"/>	LOWER FOCUS <input type="checkbox"/> <input type="checkbox"/>	TOTAL BODY CIRCUIT <input type="checkbox"/> <input type="checkbox"/>	AB INTERVALS & SPEED 1.0 <input type="checkbox"/> <input type="checkbox"/>	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH
WEEK 5	TOTAL BODY CIRCUIT <input type="checkbox"/> <input type="checkbox"/>	AB INTERVALS <input type="checkbox"/> <input type="checkbox"/>	TOTAL BODY CIRCUIT <input type="checkbox"/> <input type="checkbox"/>	CARDIO <input type="checkbox"/> <input type="checkbox"/>	TOTAL BODY CIRCUIT & LOWER FOCUS <input type="checkbox"/> <input type="checkbox"/>	Weight <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH

DOUBLE DAY: FOR MAXIMUM RESULTS, Shaun recommends doing two workouts on Fridays. If you can't get through two workouts, don't stress. You can always do the second one over the weekend.

STATURDAY: Don't forget, STATurday is the day you update your stats and see how much your hard work paid off.

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**.

	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

DOUBLE DAY: 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 success. For tips on how to take proper measurements, go to T25.COM and click on the "Nailed It" T-Shirt.

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.

FOCUS T25

GAMMA
PURE GAMMA

GAMMA CYCLE FOCUS: **STRENGTH**
FOLLOW THIS PURE GAMMA CALENDAR IF YOU WANT TO FOCUS ON GETTING RIPPED USING GAMMA WORKOUTS.
OR CHECK OUT OPTION 2: **PURE STRENGTH HYBRID** CALENDAR.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
WEEK 1	SPEED 3.0 	RIPT UP 	EXTREME CIRCUIT 	THE PYRAMID 	SPEED 3.0 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 2	RIPT UP 	EXTEME CIRCUIT 	SPEED 3.0 	THE PYRAMID 	RIPT UP 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 3	THE PYRAMID 	SPEED 3.0 	RIPT CIRCUIT 	EXTREME CIRCUIT 	THE PYRAMID 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 4	EXTREME CIRCUIT 	RIPT UP 	SPEED 3.0 	THE PYRAMID 	EXTREME CIRCUIT 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH

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

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GAMMA PURE STRENGTH HYBRID

GAMMA CYCLE FOCUS: **STRENGTH**
 THE GAMMA WORKOUTS WILL GET YOU RIPPED, BUT IF YOU WANT TO BUILD PURE STRENGTH, FOLLOW THIS CALENDAR.
 YOU'LL INTEGRATE THE STRENGTH BASED WORKOUT FROM **ALPHA**, **BETA**, AND **GAMMA** TO REALLY FOCUS ON MUSCULAR STRENGTH.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
WEEK 1	SPEED 3.0 	RIP'T UP 	EXTREME CIRCUIT 	THE PYRAMID 	TOTAL BODY CIRCUIT & SPEED 3.0 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 2	THE PYRAMID 	SPEED 3.0 	UPPER FOCUS 	RIP'T CIRCUIT 	EXTREME CIRCUIT & DYNAMIC CORE 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 3	EXTREME CIRCUIT 	THE PYRAMID 	RIP'T CIRCUIT 	SPEED 3.0 	TOTAL BODY CIRCUIT & UPPER FOCUS 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 4	THE PYRAMID 	SPEED 3.0 	RIP'T CIRCUIT 	DYNAMIC CORE 	UPPER FOCUS & EXTREME CIRCUIT 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH

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