

# 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 RIPT UP; Swap RIPT CIRCUIT for EXTREME CIRCUIT; Swap SPEED 2.0 for SPEED 3.0.

|                  | MONDAY           | TUESDAY          | WEDNESDAY        | THURSDAY         | DOUBLE DAY FRIDAY             | STATURDAY                                | SUNDAY  |
|------------------|------------------|------------------|------------------|------------------|-------------------------------|--|---------|
| WEEK<br><b>1</b> | CORE CARDIO<br>  | SPEED 2.0<br>    | RIPT CIRCUIT<br> | DYNAMIC CORE<br> | UPPER FOCUS & CORE CARDIO<br> | Weight<br>Chest<br>Waist<br>Arm<br>Thigh | STRETCH |
| WEEK<br><b>2</b> | DYNAMIC CORE<br> | CORE CARDIO<br>  | RIPT CIRCUIT<br> | UPPER FOCUS<br>  | RIPT CIRCUIT & SPEED 2.0<br>  | Weight<br>Chest<br>Waist<br>Arm<br>Thigh | STRETCH |
| WEEK<br><b>3</b> | CORE CARDIO<br>  | UPPER FOCUS<br>  | SPEED 2.0<br>    | RIPT CIRCUIT<br> | DYNAMIC CORE & SPEED 2.0<br>  | Weight<br>Chest<br>Waist<br>Arm<br>Thigh | STRETCH |
| WEEK<br><b>4</b> | RIPT CIRCUIT<br> | DYNAMIC CORE<br> | CORE CARDIO<br>  | DYNAMIC CORE<br> | SPEED 2.0 & UPPER FOCUS<br>   | Weight<br>Chest<br>Waist<br>Arm<br>Thigh | STRETCH |
| WEEK<br><b>5</b> | RIPT CIRCUIT<br> | CORE CARDIO<br>  | RIPT CIRCUIT<br> | DYNAMIC CORE<br> | RIPT CIRCUIT & SPEED 2.0<br>  | Weight<br>Chest<br>Waist<br>Arm<br>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.



Go to <http://sweetlifefitness.net>  
For more tips, tricks, and motivation!