

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 1	CORE CARDIO 	SPEED 2.0 	RIPT CIRCUIT 	DYNAMIC CORE 	UPPER FOCUS & CORE CARDIO 	Weight Chest Waist Arm Thigh	STRETCH
WEEK 2	DYNAMIC CORE 	CORE CARDIO 	RIPT CIRCUIT 	UPPER FOCUS 	RIPT CIRCUIT & SPEED 2.0 	Weight Chest Waist Arm Thigh	STRETCH
WEEK 3	CORE CARDIO 	UPPER FOCUS 	SPEED 2.0 	RIPT CIRCUIT 	DYNAMIC CORE & SPEED 2.0 	Weight Chest Waist Arm Thigh	STRETCH
WEEK 4	RIPT CIRCUIT 	DYNAMIC CORE 	CORE CARDIO 	DYNAMIC CORE 	SPEED 2.0 & UPPER FOCUS 	Weight Chest Waist Arm Thigh	STRETCH
WEEK 5	RIPT CIRCUIT 	CORE CARDIO 	RIPT CIRCUIT 	DYNAMIC CORE 	RIPT 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.



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