

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 	RIP'T 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	RIP'T UP 	EXTREME CIRCUIT 	SPEED 3.0 	THE PYRAMID 	RIP'T 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 	RIP'T 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 	RIP'T 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 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.



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