

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 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.

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.