

# FOCUS T25 ALPHA

ALPHA CHOLE FOCUS: THE FOUNDATION  
 FOLLOW THIS CALENDAR FOR 25 DAYS OF WORK, WHEN YOU'RE DONE, FOLLOW THE RFA CALORIES.  
 Check on the third & or fourth days if you are having any issues with your diet. If you are having any issues with your diet, please contact your coach.

| WEEK              | 1                    | 2                          | 3                                 | 4                        | 5                                |
|-------------------|----------------------|----------------------------|-----------------------------------|--------------------------|----------------------------------|
| SUNDAY            | STRETCH              | STRETCH                    | STRETCH                           | STRETCH                  | STRETCH                          |
| MONDAY            | CARDIO               | CARDIO                     | TOTAL BODY CIRCUIT                | CARDIO                   | TOTAL BODY CIRCUIT               |
| TUESDAY           | SPEED 1.0            | TOTAL BODY CIRCUIT         | SPEED 1.0                         | TOTAL BODY CIRCUIT       | AB INTERVALS                     |
| WEDNESDAY         | TOTAL BODY CIRCUIT   | SPEED 1.0                  | LOWER FOCUS                       | LOWER FOCUS              | TOTAL BODY CIRCUIT               |
| THURSDAY          | AB INTERVALS         | CARDIO                     | CARDIO                            | TOTAL BODY CIRCUIT       | CARDIO                           |
| FRIDAY            | CARDIO & LOWER FOCUS | LOWER FOCUS & AB INTERVALS | TOTAL BODY CIRCUIT & AB INTERVALS | AB INTERVALS & SPEED 1.0 | TOTAL BODY CIRCUIT & LOWER FOCUS |
| DOUBLE DAY FRIDAY | STRETCH              | STRETCH                    | STRETCH                           | STRETCH                  | STRETCH                          |

COULDN'T GET YOUR METABOLISM BOOSTED? TRY THESE TIPS TO GET YOUR METABOLISM BOOSTED. IF YOU CAN'T GET THROUGH TWO WORKOUTS, DON'T WORRY, YOU CAN ALWAYS DO THE SECOND ONE OVER THE WEEKEND.  
 STRETCHING: DON'T BE AFRAID TO STRETCH. STRETCHING IS THE KEY TO IMPROVING YOUR METABOLISM AND GETTING THROUGH YOUR WORKOUTS. STRETCHING IS THE KEY TO IMPROVING YOUR METABOLISM AND GETTING THROUGH YOUR WORKOUTS. STRETCHING IS THE KEY TO IMPROVING YOUR METABOLISM AND GETTING THROUGH YOUR WORKOUTS.