# FOCUS T25 BETA

BETA CYCLE FOCUS: THE CORE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | DOUBLE DAY FRIDAY | STAT CHECK | SUNDAY |
|---|---|---|---|---|---|---|---|
| WEEK 1 | CORE CARDIO | SPEED 2.0 | RPT CIRCUIT | DYNAMIC CORE | UPPER FOCUS & CORE CARDIO | Weight<br>Chest<br>Waist<br>Arm<br>Thigh | STRETCH |
| WEEK 2 | DYNAMIC CORE | CORE CARDIO | RPT CIRCUIT | UPPER FOCUS | RPT CIRCUIT & SPEED 2.0 | Weight<br>Chest<br>Waist<br>Arm<br>Thigh | STRETCH |
| WEEK 3 | CORE CARDIO | UPPER FOCUS | SPEED 2.0 | RPT CIRCUIT | DYNAMIC CORE & SPEED 2.0 | Weight<br>Chest<br>Waist<br>Arm<br>Thigh | STRETCH |
| WEEK 4 | RPT CIRCUIT | DYNAMIC CORE | CORE CARDIO | DYNAMIC CORE | SPEED 2.0 & UPPER FOCUS | Weight<br>Chest<br>Waist<br>Arm<br>Thigh | STRETCH |
| WEEK 5 | RPT CIRCUIT | CORE CARDIO | RPT CIRCUIT | DYNAMIC CORE | RPT CIRCUIT & SPEED 2.0 | 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, by doing the workouts back to back.

STAT CHECK: Tracking your progress is vital to success. For tips on how to take proper measurements, go to T25.COM and click on the "Videos & T-Shirt".

If you have the CORE SPEED workout in your DVD world, you can use it in place of SPEED 2.0 anywhere it appears on the calendar.