

Focus T25 Alpha

| PROGRESS | | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SUNDAY |
|-----------------|-----------------|---------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Weight _____ | Waist _____ | WEEK 1 | Cardio | Speed 1.0 | Total Body Circuit | AB Intervals | Cardio | Lower Focus | Stretch |
| Chest _____ | Thighs _____ | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | WEEK 2 | Cardio | Total Body Circuit | Speed 1.0 | Cardio | Lower Focus | AB Intervals | Stretch |
| Chest _____ | Thighs _____ | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | WEEK 3 | Total Body Circuit | Speed 1.0 | Lower Focus | Cardio | Total Body Circuit | AB Intervals | Stretch |
| Chest _____ | Thighs _____ | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | WEEK 4 | Cardio | Total Body Circuit | Lower Focus | Total Body Circuit | AB Intervals | Speed 1.0 | Stretch |
| Chest _____ | Thighs _____ | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | WEEK 5 | Total Body Circuit | AB Intervals | Total Body Circuit | Cardio | Total Body Circuit | Lower Focus | Stretch |
| Chest _____ | Thighs _____ | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Arms _____ | | | | | | | | | |

Focus T25 Beta

| PROGRESS | | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SUNDAY |
|-----------------|-----------------|---------------|---|--|---|---|---|---|---|
| Weight _____ | Waist _____ | WEEK 1 | Core Cardio <input type="checkbox"/> | Speed 2.0 <input type="checkbox"/> | Rip't Circuit <input type="checkbox"/> | Dynamic Core <input type="checkbox"/> | Upper Focus <input type="checkbox"/> | Core Cardio <input type="checkbox"/> | Stretch <input type="checkbox"/> |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | WEEK 2 | Dynamic Core <input type="checkbox"/> | Core Cardio <input type="checkbox"/> | Rip't Circuit <input type="checkbox"/> | Upper Focus <input type="checkbox"/> | Rip't Circuit <input type="checkbox"/> | Speed 2.0 <input type="checkbox"/> | Stretch <input type="checkbox"/> |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | WEEK 3 | Core Cardio <input type="checkbox"/> | Upper Focus <input type="checkbox"/> | Speed 2.0 <input type="checkbox"/> | Rip't Circuit <input type="checkbox"/> | Dynamic Core <input type="checkbox"/> | Speed 2.0 <input type="checkbox"/> | Stretch <input type="checkbox"/> |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | WEEK 4 | Rip't Circuit <input type="checkbox"/> | Dynamic Core <input type="checkbox"/> | Core Cardio <input type="checkbox"/> | Dynamic Core <input type="checkbox"/> | Speed 2.0 <input type="checkbox"/> | Upper Focus <input type="checkbox"/> | Stretch <input type="checkbox"/> |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | WEEK 5 | Rip't Circuit <input type="checkbox"/> | Core Cardio <input type="checkbox"/> | Rip't Circuit <input type="checkbox"/> | Dynamic Core <input type="checkbox"/> | Rip't Circuit <input type="checkbox"/> | Speed 2.0 <input type="checkbox"/> | Stretch <input type="checkbox"/> |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |

Focus T25 Gamma

| PROGRESS | | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SUNDAY |
|--|--------------------------------|---------------|--|--|--|--|--|---|
| Weight <hr/> Chest <hr/> Arms <hr/> | Waist <hr/> Thighs <hr/> | WEEK 1 | Speed 3.0 <input type="checkbox"/> | Rip't Up <input type="checkbox"/> | Extreme Circuit <input type="checkbox"/> | The Pyramid <input type="checkbox"/> | Speed 3.0 <input type="checkbox"/> | Stretch <input type="checkbox"/> |
| Weight <hr/> Chest <hr/> Arms <hr/> | Waist <hr/> Thighs <hr/> | WEEK 2 | Rip't Up <input type="checkbox"/> | Extreme Circuit <input type="checkbox"/> | Speed 3.0 <input type="checkbox"/> | The Pyramid <input type="checkbox"/> | Rip't Up <input type="checkbox"/> | Stretch <input type="checkbox"/> |
| Weight <hr/> Chest <hr/> Arms <hr/> | Waist <hr/> Thighs <hr/> | WEEK 3 | The Pyramid <input type="checkbox"/> | Speed 3.0 <input type="checkbox"/> | Rip't Up <input type="checkbox"/> | Extreme Circuit <input type="checkbox"/> | The Pyramid <input type="checkbox"/> | Stretch <input type="checkbox"/> |
| Weight <hr/> Chest <hr/> Arms <hr/> | Waist <hr/> Thighs <hr/> | WEEK 4 | Extreme Circuit <input type="checkbox"/> | Rip't Up <input type="checkbox"/> | Speed 3.0 <input type="checkbox"/> | The Pyramid <input type="checkbox"/> | Extreme Circuit <input type="checkbox"/> | Stretch <input type="checkbox"/> |