

Focus T25 BETA

Progress			Monday	Tuesday	Wednesday	Thursday	Friday		Sunday
Weight _____	Waist _____	Week1	Core Cardio <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Speed 2.0 <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Rip't Circuit <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Dynamic Core <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Upper Focus <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Core Cardio <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Stretch <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>
Chest _____	Thighs _____								
Arms _____	_____								
Weight _____	Waist _____	Week 2	Dynamic Core <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Core Cardio <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Rip't Circuit <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Upper Focus <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Rip't Circuit <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Speed 2.0 <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Stretch <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>
Chest _____	Thighs _____								
Arms _____	_____								
Weight _____	Waist _____	Week 3	Core Cardio <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Upper Focus <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Speed 2.0 <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Rip't Circuit <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Dynamic Core <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Speed 2.0 <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Stretch <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>
Chest _____	Thighs _____								
Arms _____	_____								
Weight _____	Waist _____	Week 4	Rip't Circuit <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Dynamic Core <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Core Cardio <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Dynamic Core <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Speed 2.0 <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Upper Focus <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Stretch <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>
Chest _____	Thighs _____								
Arms _____	_____								
Weight _____	Waist _____	Week5	Rip't Circuit <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Core Cardio <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Rip't Circuit <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Dynamic Core <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Rip't Circuit <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Speed 2.0 <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	Stretch <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>
Chest _____	Thighs _____								
Arms _____	_____								