## Focus T25 ALPHA

Progress			Monday	Tuesday	Wednesday	Thursday	Friday		Sunday
Weight	Waist		Cardio	Speed1.0	Total Body Circuit	AB Intervals	Cardio	Lower Focus	Stretch
Chest		_ Week1							
Arms	Thighs								
Weight			Cardio	Total Body	Speed 1.0	Cardio	Lower Focus	AB Intervals	Stretch
Chest	Waist			Circuit					
	Thighs	Week 2							
Arms		-							
Weight			Total Body	Speed 1.0	Lower Focus	Cardio	Total Body	AB Intervals	Stretch
Chest	Waist		Circuit				Circuit		
	Thighs	Week 3							
Arms		-							
Weight	Waist		Cardio	Total Body Circuit	Lower Focus	Total Body	AB Intervals	Speed 1.0	Stretch
Chest		_ Week 4				Circuit			
Arms	Thighs	vveek 4							
Weight			Total Body	AB Intervals	Total Body	Cardio	Total Body	Lower Focus	Stretch
Chest	Waist	_	Circuit		Circuit		Circuit		
Arms	Thighs	Week5							
		-							