|  |  |  |  |  |  |  |  |  |  |
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| **T25** | | | **WORKOUT CALENDAR**  **ALPHA** | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | | | **Sunday** |
| **Week**  **1** | Cardio   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Speed 1.0   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Total Body Circuit   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | AB Intervals   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Cardio & Lower Focus   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Weights  Chest  Arm  Waist  Thigh |  | | Stretch |
| **Week**  **2** | Cardio   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Total Body Circuit   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Speed 1.0   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Cardio   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Lower Focus & AB Intervals   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Weights  Chest  Arm  Waist  Thigh | |  | Stretch |
| **Week**  **3** | Total Body Circuit   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Speed 1.0   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Lower Focus   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Cardio   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Total Body Circuit & AB Intervals   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Weights  Chest  Arm  Waist  Thigh | |  | Stretch |
| **Week**  **4** | Cardio   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Total Body Circuit   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Lower Focus   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Total Body Circuit   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | AB Intervals & Speed 1.0   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Weights  Chest  Arm  Waist  Thigh | |  | Stretch |
| **Week**  **5** | Total Body Circuit   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | AB Intervals   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Total Body Circuit   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Cardio   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Total Body Circuit & Lower Focus   |  |  | | --- | --- | |  | Nailed it! | |  |  | |  | Barely Made it | | Weights  Chest  Arm  Waist  Thigh | |  | Stretch |