|  |  |
| --- | --- |
| **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 |

 | WeightsChestArmWaistThigh |  | 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 |

 | WeightsChestArmWaistThigh |  | 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 |

 | WeightsChestArmWaistThigh |  | 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 |

 | WeightsChestArmWaistThigh |  | 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 |

 | WeightsChestArmWaistThigh |  | Stretch |