

Focus T25 GAMMA

Progress			Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Weight _____	Waist _____	Week 1	Speed 3.0 □	Rip't Up □	Extreme Circuit □	The Pyramid □	Speed 3.0 □	Stretch □
Chest _____	Thighs _____							
Arms _____								
Weight _____	Waist _____	Week 2	Rip't Up □	Extreme Circuit □	Speed 3.0 □	The Pyramid □	Rip't Up □	Stretch □
Chest _____	Thighs _____							
Arms _____								
Weight _____	Waist _____	Week 3	The Pyramid □	Speed 3.0 □	Rip't Up □	Extreme Circuit □	The Pyramid □	Stretch □
Chest _____	Thighs _____							
Arms _____								
Weight _____	Waist _____	Week 4	Extreme Circuit □	Rip't Up □	Speed 3.0 □	The Pyramid □	Extreme Circuit □	Stretch □
Chest _____	Thighs _____							
Arms _____								