FOCUS T25™

BETA

DOUBLE DAY: For an extra metabolic burn, don't just do two workouts on Fridays, try doing the workouts back-to-back.

STATURDAY. Tracking your progress is vital to your success. For tips on how to take proper measurements, go to **T25.COM** and click on the "Nailed It" T-Shirt.

BETA CYCLE FOCUS: THE CORE

FOCUS AND GO FOR THE NEXT 5 WEEKS.

*WANT TO START GAMMA EARLY?

You can start using GAMMA during the last two weeks of BETA. Here's how:

Swap:	Swap:	Swap:
UPPER FOCUS for:	RIPT CIRCUIT for:	SPEED 2.0 for:
RIPT UP	EXTREME CIRCUIT	SPEED 3.0

To order GAMMA go to BeachBody.com.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
WEEK 1	CORE CARDIO	SPEED 2.0	RIPT CIRCUIT	DYNAMIC CORE	UPPER FOCUS CORE CARDIO	Weight Chest Waist Arm Thigh	STRETCH
WEEK 2	DYNAMIC CORE	CORE CARDIO	RIPT CIRCUIT	UPPER FOCUS	RIPT CIRCUIT SPEED 2.0	Weight Chest Waist Arm Thigh	STRETCH
WEEK 3	CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIPT CIRCUIT	DYNAMIC CORE SPEED 2.0	Weight Chest Waist Arm Thigh	STRETCH
WEEK 4	RIPT CIRCUIT*	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0* UPPER FOCUS*	Weight Chest Waist Arm Thigh	STRETCH
WEEK 5	RIPT CIRCUIT*	CORE CARDIO	RIPT CIRCUIT*	DYNAMIC CORE	RIPT CIRCUIT* SPEED 2.0*	Weight Chest Waist Arm Thigh	STRETCH

NAILED IT BARELY MADE IT

If you have the CORE SPEED workout in your T25 wallet, you can use it in place of SPEED 2.0 anywhere it appears on the calendar.

T25 Quick Start Guide

Puja Mehta

T25 Quick Start Guide:

T25 Quick Start Guide Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **T25 Quick Start Guide**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

https://matrix.jamesarcher.co/public/Resources/fetch.php/Sight%20Words%20Learning%20How%20To.pdf

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