

FOCUS T25[®]

ALPHA

ALPHA CYCLE
FOCUS: THE FOUNDATION
 FOLLOW THIS CALENDAR FOR
 25 DAYS OF WORK.

WHEN YOU'RE DONE, FLIP THIS OVER
 AND FOLLOW THE **BETA CALENDAR**.

Check off the "Nailed It" or "Barely Made It" box so you know just how many days you got your butt kicked by these 25-minute workouts.



NAILED IT



BARELY MADE IT

[DOUBLE DAY-optional]: FOR MAXIMUM RESULTS, Shaun recommends doing two workouts on Fridays. If you can't get through two workouts, don't stress. You can always do the second one over the weekend.

STATURDAY. Don't forget, STATURday is the day you update your stats and see how much your hard work paid off.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	[DOUBLE DAY] FRIDAY	STATURDAY	SUNDAY
WEEK 1	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 1.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	AB INTERVALS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [CARDIO] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 2	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 1.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [AB INTERVALS] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 3	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 1.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [AB INTERVALS] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 4	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	AB INTERVALS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [SPEED 1.0] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 5	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	AB INTERVALS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [LOWER FOCUS] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH

FOCUS T25[®]

BETA

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:
UPPER FOCUS
 for:



RIP'T UP

Swap:
RIP'T CIRCUIT
 for:



EXTREME CIRCUIT

Swap:
SPEED 2.0
 for:



SPEED 3.0

To Order GAMMA go to Beachbody.com or TeamBeachbody.com.

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.
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[DOUBLE DAY-optional] 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	[DOUBLE DAY] FRIDAY	STATURDAY	SUNDAY
WEEK 1	CORE CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 2.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	RIP'T CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	DYNAMIC CORE <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	UPPER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [CORE CARDIO] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 2	DYNAMIC CORE <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	CORE CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	RIP'T CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	UPPER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	RIP'T CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [SPEED 2.0] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 3	CORE CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	UPPER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 2.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	RIP'T CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	DYNAMIC CORE <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [SPEED 2.0] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 4	RIP'T CIRCUIT* <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	DYNAMIC CORE <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	CORE CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	DYNAMIC CORE <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 2.0* <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [UPPER FOCUS*] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 5	RIP'T CIRCUIT* <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	CORE CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	RIP'T CIRCUIT* <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	DYNAMIC CORE <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	RIP'T CIRCUIT* <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [SPEED 2.0*] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH

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

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