

# FOCUS T25<sup>®</sup>

## 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	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 1.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>AB INTERVALS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>LOWER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[CARDIO]</b> <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	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 1.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>LOWER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[AB INTERVALS]</b> <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	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 1.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>LOWER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[AB INTERVALS]</b> <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	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>LOWER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>AB INTERVALS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[SPEED 1.0]</b> <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	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>AB INTERVALS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[LOWER FOCUS]</b> <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<sup>®</sup>

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](http://Beachbody.com) or [TeamBeachbody.com](http://TeamBeachbody.com).

**[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](http://T25.COM) and click on the "Nailed It" T-shirt.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	[DOUBLE DAY] FRIDAY	STATURDAY	SUNDAY
WEEK 1	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 2.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>UPPER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[CORE CARDIO]</b> <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	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>UPPER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[SPEED 2.0]</b> <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	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>UPPER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 2.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[SPEED 2.0]</b> <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	<b>RIP'T CIRCUIT*</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 2.0*</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[UPPER FOCUS*]</b> <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	<b>RIP'T CIRCUIT*</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T CIRCUIT*</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T CIRCUIT*</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[SPEED 2.0*]</b> <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.

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.  
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