

# FOCUS T25 ALPHA

ALPHA CYCLE FOCUS: THE FOUNDATION

FOLLOW THIS CALENDAR FOR 25 DAYS OF WORK. WHEN YOU'RE DONE, 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.

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

DOUBLE DAY: 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.