




# FOCUS T25

## GAMMA PURE STRENGTH HYBRID

GAMMA CYCLE FOCUS: **STRENGTH**  
 THE GAMMA WORKOUTS WILL GET YOU RIPPED, BUT IF YOU WANT TO BUILD PURE STRENGTH, FOLLOW THIS CALENDAR.  
 YOU'LL INTEGRATE THE STRENGTH BASED WORKOUT FROM **ALPHA**, **BETA**, AND **GAMMA** TO REALLY FOCUS ON MUSCULAR STRENGTH.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
WEEK <b>1</b>	SPEED 3.0 	RIP'T UP 	EXTREME CIRCUIT 	THE PYRAMID 	TOTAL BODY CIRCUIT & SPEED 3.0 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK <b>2</b>	THE PYRAMID 	SPEED 3.0 	UPPER FOCUS 	RIP'T CIRCUIT 	EXTREME CIRCUIT & DYNAMIC CORE 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK <b>3</b>	EXTREME CIRCUIT 	THE PYRAMID 	RIP'T CIRCUIT 	SPEED 3.0 	TOTAL BODY CIRCUIT & UPPER FOCUS 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK <b>4</b>	THE PYRAMID 	SPEED 3.0 	RIP'T CIRCUIT 	DYNAMIC CORE 	UPPER FOCUS & EXTREME CIRCUIT 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	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.