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FOCUS T25 ALPHA

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NO EXCUSES!

DOUBLE DAY: FOR MAXIMUM RESULTS, SHAUN RECOMMENDS DOING TWO WORKOUTS ON FRIDAYS. IF YOU DON'T HAVE TIME FOR TWO WORKOUTS...NO WORRIES. YOU CAN ALWAYS GET THE SECOND ONE ON THE WEEKEND!

STATURDAY! TODAY IS THE DAY YOU UPDATE YOUR STATE AND SEE HOW MUCH YOUR HARD WORK HAS 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	CARDIO & LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	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 & AB INTERVALS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	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 & AB INTERVALS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	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 & SPEED 1.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	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 & LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH

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