

FOCUS T25™

WORKOUT SCHEDULE

MONTH
3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPEED 3.0	RIPT UP	RIPT CIRCUIT	THE PYRAMID	SPEED 3.0	STRETCH	REST
RIPT UP	EXTREME CIRCUIT	RIPT CIRCUIT	THE PYRAMID	RIPT UP	STRETCH	REST
THE PYRAMID	SPEED 3.0	SPEED 2.0	EXTREME CIRCUIT	THE PYRAMID	STRETCH	REST
EXTREME CIRCUIT	RIPT UP	CORE CARDIO	THE PYRAMID	EXTREME CIRCUIT	STRETCH	REST