

FOCUS
T25TM

WORKOUT SCHEDULE

MONTH
2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CORE CARDIO

SPEED 2.0

RIPT CIRCUIT

DYNAMIC CORE

UPPER FOCUS
+
CORE CARDIO

STRETCH

REST

DYNAMIC
CARDIO

CORE CARDIO

RIPT CIRCUIT

UPPER FOCUS

RIPT CIRCUIT
+
SPEED 2.0

STRETCH

REST

CORE CARDIO

UPPER
FOCUS

SPEED 2.0

RIPT CIRCUIT

DYNAMIC CORE
+
SPEED 2.0

STRETCH

REST

RIPT CIRCUIT

DYNAMIC
CORE

CORE CARDIO

DYNAMIC CORE

SPEED 2.0
+
UPPER FOCUS

STRETCH

REST

RIPT CIRCUIT

CORE CARDIO

RIPT CIRCUIT

DYNAMIC CORE

RIPT CIRCUIT
+
SPEED 2.0

STRETCH

REST