

Focus T25

Gamma Schedule (Month 3 Optional)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stretch	Speed 3.0	Ript Up	Extreme Circuit	The Pyramid	Speed 3.0	Rest
Stretch	Ript Up	Extreme Circuit	Speed 3.0	The Pyramid	Ript Up	Rest
Stretch	The Pyramid	Speed 3.0	Ript Up	Extreme Circuit	The Pyramid	Rest
Stretch	Extreme Circuit	Ript Up	Speed 3.0	The Pyramid	Extreme Circuit	Rest