

# FOCUS T25™ BETA

WWW.RIPPEDCLUB.COM  
NO EXCUSES!



**DOUBLE DAY:** TO GET THE MOST INSANE RESULTS POSSIBLE...REALLY PUSH YOURSELF ON FRIDAY. DON'T JUST DO 2 WORKOUTS...DO EM BACK-TO-BACK!

**STATURDAY!** TRACKING YOUR PROGRESS IS VITAL TO YOUR SUCCESS! IF YOU HAVE QUESTIONS, CONTACT YOUR COACH!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
WEEK 1	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 2.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIPT CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>UPPER FOCUS &amp; CORE CARDIO</b> <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	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIPT CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>UPPER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIPT CIRCUIT &amp; SPEED 2.0</b> <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	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>UPPER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 2.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIPT CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE &amp; SPEED 2.0</b> <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	<b>RIPT CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 2.0* &amp; UPPER FOCUS*</b> <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	<b>RIPT CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CORE CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIPT CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIPT CIRCUIT* &amp; SPEED 2.0*</b> <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

If you have the CORE SPEED workout, you can use it in place fo SPEED 2.0 anywhere on the calendar