

FOCUS T25 ALPHA www.PIPEDREAMS.COM NO EXCUSES! **FLUG**

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 NAILED IT BARELY MADE IT	SPEED 1.0 NAILED IT BARELY MADE IT	TOTAL BODY CIRCUIT NAILED IT BARELY MADE IT	AB INTERVALS NAILED IT BARELY MADE IT	CARDIO & LOWER FOCUS NAILED IT 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 NAILED IT BARELY MADE IT	TOTAL BODY CIRCUIT NAILED IT BARELY MADE IT	SPEED 1.0 NAILED IT BARELY MADE IT	CARDIO NAILED IT BARELY MADE IT	LOWER FOCUS & AB INTERVALS NAILED IT 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 NAILED IT BARELY MADE IT	SPEED 1.0 NAILED IT BARELY MADE IT	LOWER FOCUS NAILED IT BARELY MADE IT	CARDIO NAILED IT BARELY MADE IT	TOTAL BODY CIRCUIT & AB INTERVALS NAILED IT 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 NAILED IT BARELY MADE IT	TOTAL BODY CIRCUIT NAILED IT BARELY MADE IT	LOWER FOCUS NAILED IT BARELY MADE IT	TOTAL BODY CIRCUIT NAILED IT BARELY MADE IT	AB INTERVALS & SPEED 1.0 NAILED IT 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 NAILED IT BARELY MADE IT	AB INTERVALS NAILED IT BARELY MADE IT	TOTAL BODY CIRCUIT NAILED IT BARELY MADE IT	CARDIO NAILED IT BARELY MADE IT	TOTAL BODY CIRCUIT & LOWER FOCUS NAILED IT BARELY MADE IT	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH

FOCUS T25 BETA www.PIPEDREAMS.COM NO EXCUSES! **FLUG**

DOUBLE DAY: TO GET THE MOST INSANE RESULTS POSSIBLE...REALLY PUSH YOURSELF ON FRIDAY. DON'T JUST DO 2 WORKOUTS...GO ON 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	CORE CARDIO NAILED IT BARELY MADE IT	SPEED 2.0 NAILED IT BARELY MADE IT	RIPT CIRCUIT NAILED IT BARELY MADE IT	DYNAMIC CORE NAILED IT BARELY MADE IT	UPPER FOCUS & CORE CARDIO NAILED IT 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	DYNAMIC CORE NAILED IT BARELY MADE IT	CORE CARDIO NAILED IT BARELY MADE IT	RIPT CIRCUIT NAILED IT BARELY MADE IT	UPPER FOCUS NAILED IT BARELY MADE IT	RIPT CIRCUIT & SPEED 2.0 NAILED IT 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	CORE CARDIO NAILED IT BARELY MADE IT	UPPER FOCUS NAILED IT BARELY MADE IT	SPEED 2.0 NAILED IT BARELY MADE IT	RIPT CIRCUIT NAILED IT BARELY MADE IT	DYNAMIC CORE & SPEED 2.0 NAILED IT 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	RIPT CIRCUIT NAILED IT BARELY MADE IT	DYNAMIC CORE NAILED IT BARELY MADE IT	CORE CARDIO NAILED IT BARELY MADE IT	DYNAMIC CORE NAILED IT BARELY MADE IT	SPEED 2.0* & UPPER FOCUS* NAILED IT 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	RIPT CIRCUIT NAILED IT BARELY MADE IT	CORE CARDIO NAILED IT BARELY MADE IT	RIPT CIRCUIT NAILED IT BARELY MADE IT	DYNAMIC CORE NAILED IT BARELY MADE IT	RIPT CIRCUIT* & SPEED 2.0* NAILED IT 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 for SPEED 2.0 anywhere on the calendar

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STATURDAY	SUNDAY
Week 1	SPEED 3.0 NAILED IT BARELY MADE IT	RIPT UP NAILED IT BARELY MADE IT	EXTREME CIRCUIT NAILED IT BARELY MADE IT	THE PYRAMID NAILED IT BARELY MADE IT	SPEED 3.0 NAILED IT 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	RIPT UP NAILED IT BARELY MADE IT	EXTREME CIRCUIT NAILED IT BARELY MADE IT	SPEED 3.0 NAILED IT BARELY MADE IT	THE PYRAMID NAILED IT BARELY MADE IT	RIPT UP NAILED IT 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	THE PYRAMID NAILED IT BARELY MADE IT	SPEED 3.0 NAILED IT BARELY MADE IT	RIPT UP NAILED IT BARELY MADE IT	EXTREME CIRCUIT NAILED IT BARELY MADE IT	THE PYRAMID NAILED IT 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	EXTREME CIRCUIT NAILED IT BARELY MADE IT	RIPT UP NAILED IT BARELY MADE IT	SPEED 3.0 NAILED IT BARELY MADE IT	THE PYRAMID NAILED IT BARELY MADE IT	EXTREME CIRCUIT NAILED IT BARELY MADE IT	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH