

# FOCUS 125™

BETA

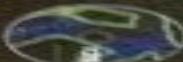
**BETA CYCLE**  
**FOCUS: THE CORE**  
**FOCUS AND GO FOR THE**  
**NEXT 5 WEEKS.**

**WANT TO START GAMMA EARLY?**

You can start using GAMMA during the last two weeks of BETA. Here's how:

Swim	Swim	Swim
<b>UPPER FOCUS</b>	<b>RPT CIRCUIT</b>	<b>SPEED 2.0</b>
hr	hr	hr

		
<b>RPT UP</b>	<b>EXTREME CIRCUIT</b>	<b>SPEED 3.0</b>

Visit [www.125.com](http://www.125.com) for instructions.

**DOUBLE DAY!** If you complete both days of the workout in Friday, try doing the weekend workout too!

**STATUQUAY!** Looking for progress on the way success. For tips on how to stay motivated, visit [125.COM](http://125.com) at 5:30 in the "Motivation" Show.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATUQUAY SATURDAY	SUNDAY	
<b>WEEK 1</b>	CORE CARBOD [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	SPEED 2.0 [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	DYNAMIC CORE [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	UPPER FOCUS [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	UPPER FOCUS [ ] [ ] [ ] [ ] CORE CARBOD [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	STRETCH
<b>WEEK 2</b>	DYNAMIC CORE [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	CORE CARBOD [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	UPPER FOCUS [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] SPEED 2.0 [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	STRETCH
<b>WEEK 3</b>	CORE CARBOD [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	UPPER FOCUS [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	SPEED 2.0 [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	DYNAMIC CORE [ ] [ ] [ ] [ ] SPEED 2.0 [ ] [ ] [ ] [ ] WUOT 1: [ ] [ ] [ ] [ ]	[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	STRETCH
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1. In week 5, CORE CARBOD and RPT CIRCUIT are swapped to complete the cycle.

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# T25 Quick Start Guide

**D Keegan**



## T25 Quick Start Guide:

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