



25 MINUTES
A DAY

BETA PHASE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CORE CARDIO	SPEED 2.0	RIP-T CIRCUIT	DYNAMIC CORE	UPPER FOCUS CORE CARDIO	REST	STRETCH
WEEK 2	DYNAMIC CORE	CORE CARDIO	RIP-T CIRCUIT	UPPER FOCUS	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH
WEEK 3	CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIP-T CIRCUIT	DYNAMIC CORE SPEED 2.0	REST	STRETCH
WEEK 4	RIP-T CIRCUIT	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0 UPPER FOCUS	REST	STRETCH
WEEK 5	RIP-T CIRCUIT	CORE CARDIO	RIP-T CIRCUIT	DYNAMIC CORE	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH

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Ying-Ying Zheng



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Food Components to Enhance Performance Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, 1994-02-01 The physiological or psychological stresses that employees bring to their workplace affect not only their own performance but that of their co workers and others These stresses are often compounded by those of the job itself Medical personnel firefighters police and military personnel in combat settings among others experience highly unpredictable timing and types of stressors This book reviews and comments on the performance enhancing potential of specific food components It reflects the views of military and non military scientists from such fields as neuroscience nutrition physiology various medical specialties and performance psychology on the most up to date research available on physical and mental performance enhancement in stressful conditions Although placed within the context of military tasks the volume will have wide reaching implications for individuals in any job setting

Backpacker, 2000-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

Microsoft Surface Joni Blecher, 2012-12-12 This Visual QuickStart Guide will help you get up and running with the Surface Microsoft s very own entry into the tablet market This guide walks you through how to get the most from the Surface using four color images and step by step instruction You ll learn how to tap and swipe search find the best Metro apps read books watch movies listen to songs and use Office Along the way you ll pick up indispensable tips for getting the most out of your tablet

Focus: A Quick-start Guide to Mastering Your Attention (How to Focus Your Mind and Focus the Hidden Driver of Excellence) Matthew Anders, 2021-09-17 Have you ever wondered how to focus your mind Have you wrestled with how to stay focused Focus has been described as the hidden driver of excellence This book takes a look at how best to harness the power of focus to improve concentration It describes techniques on how to focus and concentrate to help reach your goals Imagine having more free time to spend with your friends and loved ones Imagine having the freedom to pursue things you re passionate about whether it s gardening hiking reading or restoring a classic car In this book you ll discover The 10 obstacles that are crippling your ability to concentrate How to truly know whether you have a focus problem The 11 workspace tweaks that ll help you reach a flow state A simple workflow method that can double your productivity How to use music to help you get into the zone and the BEST type of music to use How to manage your email without letting it destroy your focus How to avoid meetings that hobble your concentration The one workflow method scientists claim increases productivity without fail A surprising and simple technique that ll instantly increase your focus How to arrange your day to take maximum advantage of your fluctuating energy levels How to stop

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