

FOCUS T25™

ALPHA

FOCUS: THE FOUNDATION

IF YOU CAN'T COMPLETE TWO WORKOUTS ON FRIDAY, DO ONE OVER THE WEEKEND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
1	CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	SPEED 1.0 NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	TOTAL BODY CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	AB INTERVALS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	LOWER FOCUS CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
2	CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	TOTAL BODY CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	SPEED 1.0 NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	LOWER FOCUS AB INTERVALS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
3	TOTAL BODY CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	SPEED 1.0 NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	LOWER FOCUS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	TOTAL BODY CIRCUIT AB INTERVALS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
4	CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	TOTAL BODY CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	LOWER FOCUS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	TOTAL BODY CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	AB INTERVALS SPEED 1.0 NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
5	TOTAL BODY CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	AB INTERVALS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	TOTAL BODY CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	TOTAL BODY CIRCUIT LOWER FOCUS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH

FREE COACHING AT ZILLAFITNESS.COM

FOCUS T25™

BETA

FOCUS: THE CORE

IF YOU CAN'T COMPLETE TWO WORKOUTS ON FRIDAY, DO ONE OVER THE WEEKEND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
1	CORE CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	SPEED 2.0 NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	RIP'T CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	DYNAMIC CORE NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	UPPER FOCUS CORE CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
2	DYNAMIC CORE NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	CORE CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	RIP'T CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	UPPER FOCUS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	RIP'T CIRCUIT SPEED 2.0 NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
3	CORE CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	UPPER FOCUS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	SPEED 2.0 NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	RIP'T CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	DYNAMIC CORE SPEED 2.0 NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
4	RIP'T CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	DYNAMIC CORE NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	CORE CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	DYNAMIC CORE NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	SPEED 2.0 UPPER FOCUS NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
5	RIP'T CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	CORE CARDIO NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	RIP'T CIRCUIT NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	DYNAMIC CORE NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	RIP'T CIRCUIT SPEED 2.0 NAILED IT <input type="checkbox"/> BARELY MADE IT <input type="checkbox"/>	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH

IF YOU RECEIVED THE CORE SPEED DVD FROM YOUR COACH YOU CAN SWAP IT FOR SPEED 2.0 WHENEVER YOU WISH. "CORE SPEED" CAN BE PURCHASED SEPARATELY AT [CORESPEED.ZILLAFITNESS.COM](http://corespeed.zillafitness.com)

READY FOR THE GAMMA PHASE?

GO TO WWW.GAMMA.ZILLAFITNESS.COM TO PURCHASE THE FOCUS T25 GAMMA WORKOUTS AND TAKE YOUR FITNESS TO THE NEXT LEVEL!



You'll get Advanced 25-Minute Workouts and Training Tools:

- Rip't Up. Strengthen and streamline your biceps, triceps, shoulders, back, and chest with Shaun's 360° upper- body moves.
- Extreme Circuit. Build lean muscle and burn fat at the same time! In this one, the weights never leave your hands. Not even for the warm-up.
- The Pyramid. Accelerate your reps as time progresses. This is your 25-minute cardio and strength endurance test.
- PURE GAMMA Calendar. If your focus is on getting completely ripped, use this PURE GAMMA workout calendar.

Plus, 2 FREE Gifts:

Speed 3.0 Workout. Faster pace. More sweat. Serious results. You won't want to miss this 25-minute high-speed challenge.

PURE STRENGTH Hybrid Calendar. Integrate the strength-based workouts from ALPHA, BETA, and GAMMA to carve lean, strong muscle from head to toe.

Order at <http://www.gamma.zillafitness.com>