

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# FOCUS T25: PURE GAMMA



**THE  
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	SPEED 3.0	RIP'T UP	EXTREME CIRCUIT	THE PYRAMID	SPEED 3.0	RECORD YOUR STATUS	STRETCH
WEEK 2	RIP'T UP	EXTREME CIRCUIT	SPEED 3.0	THE PYRAMID	RIP'T UP	RECORD YOUR STATUS	STRETCH
WEEK 3	THE PYRAMID	SPEED 3.0	RIP'T UP	EXTREME CIRCUIT	THE PYRAMID	RECORD YOUR STATUS	STRETCH
WEEK 4	EXTREME CIRCUIT	RIP'T UP	SPEED 3.0	THE PYRAMID	EXTREME CIRCUIT	RECORD YOUR STATUS	STRETCH

Join The Exercise Movement at [TheExerciseMovement.com](http://TheExerciseMovement.com)  
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For daily support and motivation, follow me at [www.Facebook.com/TheExerciseMovement](http://www.Facebook.com/TheExerciseMovement)

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# FOCUS T25: PURE STRENGTH HYBRID



**THE  
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	SPEED 3.0	RIP'T UP	EXTREME CIRCUIT	THE PYRAMID	TOTAL BODY CIRCUIT SPEED 3.0	RECORD YOUR STATUS	STRETCH
WEEK 2	THE PYRAMID	SPEED 3.0	UPPER FOCUS	RIP'T CIRCUIT	EXTREME CIRCUIT DYNAMIC CORE	RECORD YOUR STATUS	STRETCH
WEEK 3	EXTREME CIRCUIT	THE PYRAMID	RIP'T UP	SPEED 3.0	TOTAL BODY CIRCUIT UPPER FOCUS	RECORD YOUR STATUS	STRETCH
WEEK 4	THE PYRAMID	SPEED 3.0	RIP'T UP	DYNAMIC CORE	EXTREME CIRCUIT UPPER FOCUS	RECORD YOUR STATUS	STRETCH

Join The Exercise Movement at [TheExerciseMovement.com](http://TheExerciseMovement.com)  
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For daily support and motivation, follow me at [www.Facebook.com/TheExerciseMovement](http://www.Facebook.com/TheExerciseMovement)