

START DATE: _____

FINISH DATE: _____

FOCUS T25: ALPHA PHASE



THE EXERCISE MOVEMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	CARDIO	SPEED 1.0	TOTAL BODY CIRCUIT	AB INTERVALS	LOWER FOCUS CARDIO	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 2	CARDIO	TOTAL BODY CIRCUIT	SPEED 1.0	CARDIO	LOWER FOCUS AB INTERVALS	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 3	TOTAL BODY CIRCUIT	SPEED 1.0	LOWER FOCUS	CARDIO	TOTAL BODY CIRCUIT AB INTERVALS	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 4	CARDIO	TOTAL BODY CIRCUIT	LOWER FOCUS	TOTAL BODY CIRCUIT	AB INTERVALS SPEED 1.0	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 5	TOTAL BODY CIRCUIT	AB INTERVALS	TOTAL BODY CIRCUIT	CARDIO	TOTAL BODY CIRCUIT LOWER FOCUS	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH

Join The Exercise Movement at TheExerciseMovement.com
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START DATE: _____

FINISH DATE: _____

FOCUS T25: BETA PHASE



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 6	CORE CARDIO	SPEED 2.0	RIP'T CIRCUIT	DYNAMIC CORE	UPPER FOCUS CORE CARDIO	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 7	DYNAMIC CORE	CORE CARDIO	RIP'T CIRCUIT	UPPER FOCUS	RIP'T CIRCUIT SPEED 2.0	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 8	CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIP'T CIRCUIT	DYNAMIC CORE SPEED 2.0	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 9	RIP'T CIRCUIT	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0 UPPER FOCUS	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 10	RIP'T CIRCUIT	CORE CARDIO	RIP'T CIRCUIT	DYNAMIC CORE	RIP'T CIRCUIT SPEED 2.0	SATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH

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