

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:

Swg	Swg	Swg
UPPER FOCUS	RPT CIRCUIT	SPEED 2.0
hr	hr	hr

OPT UP	EXTREME CIRCUIT	SPEED 3.0

Visit www.125.com for instructions.

DOUBLE DAY! If you schedule your 125 on the weekend in Florida, try doing the weekend 125 double!

STATISTICAL feedback reports can be generated for you at the end of your workout. It's THE ONLY one like the "Heart"™!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
WEEK 1	CORE CARBID Swg: 1 hr: 1	SPEED 2.0 Swg: 1 hr: 1	RPT CIRCUIT Swg: 1 hr: 1	DYNAMIC CORE Swg: 1 hr: 1	UPPER FOCUS Swg: 1 hr: 1 CORE CARBID Swg: 1 hr: 1	CORE CARBID Swg: 1 hr: 1	STRETCH
WEEK 2	DYNAMIC CORE Swg: 1 hr: 1	CORE CARBID Swg: 1 hr: 1	RPT CIRCUIT Swg: 1 hr: 1	UPPER FOCUS Swg: 1 hr: 1	RPT CIRCUIT Swg: 1 hr: 1 SPEED 2.0 Swg: 1 hr: 1	STRETCH	STRETCH
WEEK 3	CORE CARBID Swg: 1 hr: 1	UPPER FOCUS Swg: 1 hr: 1	SPEED 2.0 Swg: 1 hr: 1	RPT CIRCUIT Swg: 1 hr: 1	DYNAMIC CORE Swg: 1 hr: 1 SPEED 2.0 Swg: 1 hr: 1	STRETCH	STRETCH
WEEK 4	RPT CIRCUIT Swg: 1 hr: 1	DYNAMIC CORE Swg: 1 hr: 1	CORE CARBID Swg: 1 hr: 1	DYNAMIC CORE Swg: 1 hr: 1	SPEED 2.0 Swg: 1 hr: 1 UPPER FOCUS Swg: 1 hr: 1	STRETCH	STRETCH
WEEK 5	RPT CIRCUIT Swg: 1 hr: 1	CORE CARBID Swg: 1 hr: 1	RPT CIRCUIT Swg: 1 hr: 1	DYNAMIC CORE Swg: 1 hr: 1	RPT CIRCUIT Swg: 1 hr: 1 SPEED 2.0 Swg: 1 hr: 1	STRETCH	STRETCH

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