

# 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:

Swim	Swim	Swim
<b>UPPER FOCUS</b>	<b>RPT CIRCUIT</b>	<b>SPEED 2.0</b>
hr	hr	hr

  

		
<b>RPT UP</b>	<b>EXTREME CIRCUIT</b>	<b>SPEED 3.0</b>

Visit [www.125.com](http://www.125.com) for instructions.

**DOUBLE DAY!** If you complete both days of the workout in Friday, try doing the weekend workout too!

**STATWORK!** Track your progress with the success log for the best 125.com experience. It's 125.COM at 50% of the "Best of Show"!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
<b>WEEK 1</b>	CORE CARDIO [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	SPEED 2.0 [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	DYNAMIC CORE [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	UPPER FOCUS [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	CORE CARDIO [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	STRETCH
<b>WEEK 2</b>	DYNAMIC CORE [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	CORE CARDIO [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	UPPER FOCUS [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	SPEED 2.0 [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	STRETCH
<b>WEEK 3</b>	CORE CARDIO [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	UPPER FOCUS [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	SPEED 2.0 [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	DYNAMIC CORE [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	SPEED 2.0 [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	STRETCH
<b>WEEK 4</b>	RPT CIRCUIT [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	DYNAMIC CORE [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	CORE CARDIO [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	DYNAMIC CORE [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	SPEED 2.0 [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	UPPER FOCUS [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	STRETCH
<b>WEEK 5</b>	RPT CIRCUIT [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	CORE CARDIO [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	DYNAMIC CORE [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	RPT CIRCUIT [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	SPEED 2.0 [ ] [ ] [ ] [ ] WUPT [ ] [ ] [ ] [ ]	STRETCH

1. Complete the CORE SPEED workout and the RPT workout as a part of Week 1 to prepare yourself for Week 2.

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# T25 Quick Start Guide

**DP Hallahan**



## **T25 Quick Start Guide:**

## The Enigmatic Realm of **T25 Quick Start Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **T25 Quick Start Guide** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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