

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	EXTENSIVE 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 hr	SPEED 2.0 Swg hr	RPT CIRCUIT Swg hr	DYNAMIC CORE Swg hr	UPPER FOCUS Swg hr	CORE CARBID Swg hr	STRETCH
WEEK 2	DYNAMIC CORE Swg hr	CORE CARBID Swg hr	RPT CIRCUIT Swg hr	UPPER FOCUS Swg hr	RPT CIRCUIT Swg hr	SPEED 2.0 Swg hr	STRETCH
WEEK 3	CORE CARBID Swg hr	UPPER FOCUS Swg hr	SPEED 2.0 Swg hr	RPT CIRCUIT Swg hr	DYNAMIC CORE Swg hr	SPEED 2.0 Swg hr	STRETCH
WEEK 4	RPT CIRCUIT Swg hr	DYNAMIC CORE Swg hr	CORE CARBID Swg hr	DYNAMIC CORE Swg hr	SPEED 2.0 Swg hr	UPPER FOCUS Swg hr	STRETCH
WEEK 5	RPT CIRCUIT Swg hr	CORE CARBID Swg hr	RPT CIRCUIT Swg hr	DYNAMIC CORE Swg hr	RPT CIRCUIT Swg hr	SPEED 2.0 Swg hr	STRETCH

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T25 Quick Start Guide

John Markus



T25 Quick Start Guide:

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