

# FOCUS T25™ ALPHA

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NO EXCUSES!



**DOUBLE DAY:** FOR MAXIMUM RESULTS, SHAUN RECOMMENDS DOING TWO WORKOUTS ON FRIDAYS. IF YOU DON'T HAVE TIME FOR TWO WORKOUTS...NO WORRIES. YOU CAN ALWAYS GET THE SECOND ONE ON THE WEEKEND!

**STATURDAY!** TODAY IS THE DAY YOU UPDATE YOUR STATS AND SEE HOW MUCH YOUR HARD WORK HAS PAID OFF!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
Week 1	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 1.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>AB INTERVALS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CARDIO &amp; LOWER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
Week 2	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 1.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>LOWER FOCUS &amp; AB INTERVALS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
Week 3	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 1.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>LOWER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT &amp; AB INTERVALS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
Week 4	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>LOWER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>AB INTERVALS &amp; SPEED 1.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
Week 5	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>AB INTERVALS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>CARDIO</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT &amp; LOWER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH