

FOCUS T25™ GAMMA

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NO EXCUSES!



DOUBLE DAY: TO GET THE MOST INSANE RESULTS POSSIBLE...REALLY PUSH YOURSELF ON FRIDAY. DON'T JUST DO 2 WORKOUTS...DO EM BACK-TO-BACK!

STATURDAY! TRACKING YOUR PROGRESS IS VITAL TO YOUR SUCCESS! IF YOU HAVE QUESTIONS, CONTACT YOUR COACH!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STATURDAY	SUNDAY
Week 1	SPEED 3.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	RIPT' UP <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	EXTREME CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	THE PYRAMID <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED3.0 <input type="checkbox"/> NAILED IT <input checked="" 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	RIPT' UP <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	EXTREME CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 3.0 <input checked="" type="checkbox"/> NAILED IT <input checked="" type="checkbox"/> BARELY MADE IT	THE PYRAMID <input checked="" type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	RIPT' UP <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	THE PYRAMID <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 3.0 <input checked="" type="checkbox"/> NAILED IT <input checked="" type="checkbox"/> BARELY MADE IT	RIPT' UP <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	EXTREME CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	THE PYRAMID <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	EXTREME CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	RIPT' UP <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 3.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	THE PYRAMID <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	EXTREME CIRCUIT <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