

FOCUS
T25TM

WORKOUT SCHEDULE

MONTH
3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SPEED 3.0

RIPT UP

RIPT CIRCUIT

THE PYRAMID

SPEED 3.0

STRETCH

REST

RIPT UP

EXTREME
CIRCUIT

RIPT CIRCUIT

THE PYRAMID

RIPT UP

STRETCH

REST

THE PYRAMID

SPEED 3.0

SPEED 2.0

EXTREME
CIRCUIT

THE PYRAMID

STRETCH

REST

EXTREME
CIRCUIT

RIPT UP

CORE CARDIO

THE PYRAMID

EXTREME
CIRCUIT

STRETCH

REST