

# FOCUS T25<sup>®</sup>

## GAMMA

### GAMMA CYCLE FOCUS: STRENGTH

FOLLOW THIS **PURE GAMMA** CALENDAR IF YOU WANT TO FOCUS ON GETTING RIPPED USING GAMMA WORKOUTS.

OR, FLIP THIS OVER AND CHECK OUT OPTION 2: **PURE STRENGTH HYBRID CALENDAR.**

After your workout each day, check one of these boxes:



### OPTION 1: PURE GAMMA

**MAX RESULTS TIP:** It's optional in the workouts, but for maximum results you can use a chin-up bar in RIP'T UP and EXTREME CIRCUIT. You can order at Beachbody.com or TeamBeachbody.com.

**STATURDAY.** Don't forget, STATurday is the day you update your stats and see how much your hard work paid off.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STATURDAY	SUNDAY
WEEK 1	<b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T UP</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>EXTREME CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>THE PYRAMID</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 3.0</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 2	<b>RIP'T UP</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>EXTREME CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>THE PYRAMID</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T UP</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>THE PYRAMID</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T UP</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>EXTREME CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>THE PYRAMID</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>EXTREME CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T UP</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>THE PYRAMID</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>EXTREME CIRCUIT</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

# FOCUS T25<sup>®</sup>

## GAMMA

### OPTION 2: PURE STRENGTH HYBRID

**[DOUBLE DAY-optional]** FOR MAXIMUM RESULTS, Shaun recommends doing two workouts on Fridays. If you can't get through two workouts, don't stress. You can always do the second one over the weekend.

**STATURDAY.** Don't forget, STATurday is the day you update your stats and see how much your hard work paid off.

## GAMMA CYCLE

FOCUS: **STRENGTH**

THE GAMMA WORKOUTS WILL GET YOU RIPPED, BUT IF YOU WANT TO BUILD PURE STRENGTH FOLLOW THIS CALENDAR.

YOU'LL INTEGRATE THE STRENGTH-BASED WORKOUTS FROM **ALPHA**, **BETA**, AND **GAMMA** TO REALLY FOCUS ON MUSCULAR STRENGTH.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	[DOUBLE DAY] FRIDAY	STATURDAY	SUNDAY
WEEK 1	<b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T UP</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>EXTREME CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>THE PYRAMID</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 3.0]</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 2	<b>THE PYRAMID</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>UPPER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>EXTREME CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[DYNAMIC CORE]</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>EXTREME CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>THE PYRAMID</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T UP</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 3.0</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>[UPPER 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 4	<b>THE PYRAMID</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T UP</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>UPPER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT <b>[EXTREME CIRCUIT]</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

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.  
 © 2014 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the FOCUS T25, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. If you are a member of the Team Beachbody™ community, contact your Coach for information and support, or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, go to Beachbody.com.