


































































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FOCUS T25 - ALPHA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	(DOUBLE DAY) FRIDAY	STATURDAY	SUNDAY
WEEK 1	CARDIO  	SPEED 1.0  	TOTAL BODY CIRCUIT  	AB INTERVALS  	LOWER FOCUS   [CARDIO]  	Weight Chest Waist Arm Thigh 	STRETCH
WEEK 2	CARDIO  	TOTAL BODY CIRCUIT  	SPEED 1.0  	CARDIO  	LOWER FOCUS   [AB INTERVALS]  	Weight Chest Waist Arm Thigh 	STRETCH
WEEK 3	TOTAL BODY CIRCUIT  	SPEED 1.0  	LOWER FOCUS  	CARDIO  	TOTAL BODY CIRCUIT   [AB INTERVALS]  	Weight Chest Waist Arm Thigh 	STRETCH
WEEK 4	CARDIO  	TOTAL BODY CIRCUIT  	LOWER FOCUS  	TOTAL BODY CIRCUIT  	AB INTERVALS   [SPEED 1.0]  	Weight Chest Waist Arm Thigh 	STRETCH
WEEK 5	TOTAL BODY CIRCUIT  	AB INTERVALS  	TOTAL BODY CIRCUIT  	CARDIO  	TOTAL BODY CIRCUIT   [LOWER FOCUS]  	Weight Chest Waist Arm Thigh 	STRETCH

Optional Double Day - For Maximum Results Shaun T recommends doing two workouts on Fridays. If you can't get through two, by doing an extra one on the weekend!

www.thefitcrafter.com

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T25 Focus Workout Let us know how you feel and leave a comment below We love to get your feedback.. Is it going to be intense? You bet it will because there are NO REST BREAKS! So definitely this new workout, is not for the weak at heart.. Core Cardio, Speed 2 0, Ript Circuit, Dynamic Core, Upper Focus All the videos are in.. Get amazing results in less than 30 minutes a day Only 25 minutes to be exact Dedicate 25 minutes, 5 days a week and you will get 100% results.

Focus T25 Workout Results Focus T25 Created for People with No Time The Focus T25 was created for people who have busy work schedules.. Focus T25 Reviews Check out this preview video and the behind the scenes video to learn more.. But, expect Focus T25 to come out Summer 2013 FOCUS T-25 JUST ARRIVED!! • WHEN YOU PURCHASE FROM US YOU WILL ALSO GET A SPECIAL BONUS DVD WORKOUT “DVD CORE SPEED” (VALUED AT \$19.

focus definition

focus definition, focus synonym, focus, focus meaning, focus movie, focus on the family, focusrite, focus dcps, focused, focusrite scarlett 2i2

Well, Beachbody has created a new program that will wipe away the most common excuse “I don’t have enough Time” the creator of Insanity is coming out with a new workout program called “Focus T25“.. The program at this stage in general 5 days a week, the first 4 days one exercise and the last day of two exercises, 25minutes a day, In 3 more minutes fo stretch your muscles so you do not feel pain after exercise. On the last day dedicated video Esterch for it.. If you are tired or need to get in touch Shawn Tee (the coach) says work as you do (Tania) Asian girl who is with the coach is working in a way that is easier not effortless a nd the people who have roughness in the knee works like Tania.

focus

When is Focus T25 Coming? They haven’t released the official release date yet.. You have to FOCUS and DIG EVEN DEEPER than before Focus T25 Behind the Scenes Video What Kind of Results Can I Get With T25? Beachbody brought you P90X and Insanity, so you know that will be bringing you equally impressive fitness results.

focus movie

Download Top Workout Fitness Videos such as: 21 Day Fix, 21 Day Fix Extreme, 22 Minute Hard Corps, Chalene Johnson PiYo, Shaun T Focus T25: Alpha, Beta & Gamma, Shaun T Insanity, Shaun T Insanity Max 30, Master Hammer & Chisel, P90X3, CIZE, Hip Hop.. 03 The stretch video working well without mentioned troubles in VLC 1 03 Thanks divory The stretch video works fine, try VLC or GOM Player.. Focus T25 Review Focus T25 Torrent Video Free Focus T25 Download Free The Stretch video has a problem (06.. Shaun T, the creator of Insanity, Insanity Asylum, Hip Hop Abs, Rockin Body, comes with his latest workout.. Most Helpful Guys raaahulsinghhh Xper 1 1 y You may try something different or consult someone who is good at gym Or you may text me Although I am not a trainer But i am doing gym since last 3 years so i have a good experience about all these And in absence of our gym coach I am the in charge So if u r okk with it U may drop ur message or may discuss here too 0 0 0 0 Is this still revelant SexPanther Yoda 1 y You can steal many things if you know.. mkv) At 2:34 on the video which is at 22:54 on the countdown clock, the video blackouts for a few seconds then it shows up again at 12:28 on countdown clock.. Stretch video and all videos are correct in the following torrent Just like mujinsha --- Thank you) Now how do you get the nutrition guide can someone upload it please.. Can someone upload this in the avi format i find just plays best on my dvd player thought id ask thanks a link to it would be great if someone does thanks.. Yes, Im in Loading Focus T25 Video Free Download From Anyone know where I can get a free download from Updates: Follow 0 0 Share Facebook Twitter Anyone know where I can download Focus T25 workout 3 0 Add Opinion This content is for informational purposes only. e10c415e6f