START DATE:_____

FINISH DATE:_____

FOCUS T25: ALPHA PHASE

Sorey Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATRUDAY	SUNDAY
WEEK 1	CARDIO	SPEED 1.0	TOTAL BODY CIRCUIT	AB INTERVALS	LOWER FOCUS CARDIO	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 2	CARDIO	TOTAL BODY CIRCUIT	SPEED 1.0	CARDIO	LOWER FOCUS AB INTERVALS	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 3	TOTAL BODY CIRCUIT	SPEED 1.0	LOWER FOCUS	CARDIO	TOTAL BODY CIRCUIT AB INTERVALS	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 4	CARDIO	TOTAL BODY CIRCUIT	LOWER FOCUS	TOTAL BODY CIRCUIT	AB INTERVALS SPEED 1.0	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH
WEEK 5	TOTAL BODY CIRCUIT	AB INTERVALS	TOTAL BODY CIRCUIT	CARDIO	TOTAL BODY CIRCUIT LOWER FOCUS	STATURDAY RECORD YOUR MEASUREMENTS AND WEIGHT.	STRETCH

Need help with your nutrition and fitness? Email us at thegirls@soreyfitness.com

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