

FOCUS T25 & RUNNING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Cardio	5 minutes light walking - then alternate 60 seconds of jogging with 90 seconds of walking for 25 minutes total	Total Body Circuit	5 minutes light walking - then alternate 60 seconds of jogging with 90 seconds of walking for 25 minutes total	Speed 1.0 Ab Intervals	5 minutes light walking - then alternate 60 seconds of jogging with 90 seconds of walking for 25 minutes total	OFF
WEEK 2	Lower Focus	5 minutes light walking - then alternate 90 seconds of jogging with 90 seconds of walking for 25 minutes total	Cardio	5 minutes light walking - then alternate 90 seconds of jogging with 90 seconds of walking for 25 minutes total	Total Body Circuit Ab Intervals	5 minutes light walking - then alternate 90 seconds of jogging with 90 seconds of walking for 25 minutes total	OFF
WEEK 3	Speed 1.0	5 minutes light walking - then alternate 150 seconds of jogging with 90 seconds of walking for 25 minutes total	Lower Focus	5 minutes light walking - then alternate 150 seconds of jogging with 90 seconds of walking for 25 minutes total	Cardio Ab Intervals	5 minutes light walking - then alternate 150 seconds of jogging with 90 seconds of walking for 25 minutes total	OFF
WEEK 4	Total Body Circuit	5 minutes light walking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	Speed 1.0	5 minutes light walking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	Lower Focus Ab Intervals	5 minutes light walking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	OFF
WEEK 5	Cardio	5 minutes light walking - then alternate 4 minutes of jogging with 3 minutes of walking for 25 minutes total	Total Body Circuit	5 minutes light walking - then alternate 4 minutes of jogging with 3 minutes of walking for 25 minutes total	Speed 1.0 Ab Intervals	5 minutes light walking - then alternate 4 minutes of jogging with 3 minutes of walking for 25 minutes total	OFF
WEEK 6	Core Cardio	5 minutes light walking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	Rip-t Circuit	5 minutes light walking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	Speed 2.0 Dynamic Core	5 minutes light walking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	OFF
WEEK 7	Upper Focus	5 minutes light walking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	Core Cardio	5 minutes light walking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	Rip-T Circuit Dynamic Core	5 minutes light walking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	OFF
WEEK 8	Speed 2.0	5 minutes light walking - then alternate 8 minutes of jogging with 2 minutes of walking for 25 minutes total	Upper Focus	5 minutes light walking - then alternate 10 minutes of jogging with 2 minutes of walking for 25 minutes total	Core Cardio Dynamic Core	5 minutes light walking - then alternate 14 minutes of jogging with 1 minutes of walking for 30 minutes total	OFF
WEEK 9	Rip-t Circuit	5 minutes light walking - then 20 minutes of jogging	Speed 2.0	5 minutes light walking - then 24 minutes of jogging	Upper Focus Dynamic Core	5 minutes light walking - then 27 minutes of jogging	OFF
WEEK 10	Core Cardio	5 minutes light walking - then 30 minutes of jogging	Rip-t Circuit	5 minutes light walking - then 30 minutes of jogging	Speed 2.0 Dynamic Core	5 minutes light walking - then 30 minutes of jogging	OFF

Focus T25 Meal Guide

Zhe Xu



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Focus T25 Meal Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have charmed audiences this year. Focus T25 Meal Guide : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Focus T25 Meal Guide : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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