

BETA PHASE

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------|--------------|---------------|---------------|----------------------------|----------|---------|
| WEEK 1 | CORE CARDIO | SPEED 2.0 | RIP'T CIRCUIT | DYNAMIC CORE | UPPER FOCUS CORE CARDIO | REST | STRETCH |
| WEEK 2 | DYNAMIC CORE | CORE CARDIO | RIP'T CIRCUIT | UPPER FOCUS | RIP'T CIRCUIT SPEED 2.0 | REST | STRETCH |
| WEEK 3 | CORE CARDIO | UPPER FOCUS | SPEED 2.0 | RIP'T CIRCUIT | DYNAMIC CORE SPEED 2.0 | REST | STRETCH |
| WEEK 4 | RIP'T CIRCUIT | DYNAMIC CORE | CORE CARDIO | DYNAMIC CORE | SPEED 2.0 UPPER FOCUS | REST | STRETCH |
| WEEK 5 | RIP'T CIRCUIT | CORE CARDIO | RIP'T CIRCUIT | DYNAMIC CORE | RIP'T CIRCUIT SPEED 2.0 | REST | STRETCH |

