

## ALPHA T25 WORKOUT

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[Focus T25 Workout Schedule and Calendar Workout](#)  
Focus T25 Workout Calendar Month 1 (Alpha) The first month, is the foundation of Focus T25. Shaun T introduces you to foundation moves that will help you develop the fitness level you need to move on to Month 2 of T25 Beta. T25 alpha cardio workout

Want to see more Focus T25 info? Here you go:  
<http://ow.ly/BpdYT> Here's the first 5 minutes of the Focus T25 Alpha Cardio workout! If you're interested in getting Focus T25 Workout Calendar | [Print A Workout Calendar](#)

Click on the pictures below to download a printable workout calendar with the T25 workout schedule already pre-written in for you. There are two designs. The first set of calendars are set up in a horizontal position and the other set are set up in a vertical position.

[Focus T25: Alpha, Beta, Gamma - Top Workout Videos](#)

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 Abs, Body Beast, Brazil Butt Lift, Core De Force, Turbo Jam. [Get the Focus T25 Workout Calendar Schedules](#)

The Focus T25 workout schedule is very simple you workout five days a week for 25 minutes a day. Alpha and Beta Phase 10 Weeks Long. The base program of Focus T25 is two phases: the Alpha phase and the Beta phase. [What is T25 Alpha Cardio? Your Step by Step Guide to this ...](#)

T25 builds up in intensity through each stage with Beta and Gamma workouts being harder so don't base your opinion of the entire T25 series on one Alpha workout. This is a perfect workout to pair with a 3-5 mile run.

[Is T25 an Effective Workout Program? -](#)

[verywellfit.com](#)

The T25 Workout is an effective program, according to Pete McCall MS, CSCS, ACE-certified personal trainer and All About Fitness podcast host. What makes it a valid workout is that it challenges the body at a high-intensity level.

[Focus T25 Workout Schedule - Free PDF Calendar for ALL ...](#)

So lets get right into the Focus T25 workout schedule. Below I have provided both the Focus T25 Alpha Phase Calendar and the Focus T25 Beta Phase Calendar . I have also included the Focus T25 Gamma Phase Calendar

which you get when you purchase the T25 Gamma Phase separately.

**FOCUS T25 - ALPHA CARDIO (Full Workout) | Fitness ...**

What others are saying: "Focus Workout Low Impact Modifications - I already got the DVD's! I'm ready to start!" "Focus T25 Workout Low Impact Modifications."

**FOCUS T25 Workout - NEW Shann T 25 Minute Workouts**

Get ready to push, sweat and give it 100% intensity with Focus T25. So why is it called Focus T25? Because all you need is 25 minutes a day and 5 days a week to get amazing results.

**Focus T25 Alpha Day 1 CARDIO Workout FULL Video HD ...**

"Focus T25 Alpha schedule, my new workout for my challenge group. Clean eating, fitness and Shakeology will work wonders for you if you are ready to commit. I have completed all 3 phases of T25, Alpha, Beta and Gamma. Add me on Facebook at [lisa.blissett.5@facebook.com](https://www.facebook.com/lisa.blissett.5)"