

# FOCUS T25

**GAMMA**  
PURE GAMMA

GAMMA CYCLE FOCUS: **STRENGTH**  
FOLLOW THIS PURE GAMMA CALENDAR IF YOU WANT TO FOCUS ON GETTING RIPPED USING GAMMA WORKOUTS.  
OR CHECK OUT OPTION 2: **PURE STRENGTH HYBRID** CALENDAR.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
WEEK <b>1</b>	SPEED 3.0 	RIPT UP 	EXTREME CIRCUIT 	THE PYRAMID 	SPEED 3.0 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK <b>2</b>	RIPT UP 	EXTEME CIRCUIT 	SPEED 3.0 	THE PYRAMID 	RIPT UP 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK <b>3</b>	THE PYRAMID 	SPEED 3.0 	RIPT CIRCUIT 	EXTREME CIRCUIT 	THE PYRAMID 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK <b>4</b>	EXTREME CIRCUIT 	RIPT UP 	SPEED 3.0 	THE PYRAMID 	EXTREME CIRCUIT 	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH

STATURDAY: Tracking you progress is vital to success. For tips on how to take proper measurements, go to T25.COM and click on the "Nailed It" T-Shirt.