

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 Nutritional Guide

Chao Zhang



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T Is for Transformation Shaun T, 2017-11-07 As a fitness icon and motivational mastermind Shaun T has helped millions of people transform their bodies and their lives through his Hip Hop Abs INSANITY and CIZE workouts But people who think of Shaun T as just a workout force are missing something He has always focused on building inner strength first then moving to the exterior And that inner focus started in his own life He became the man and motivator he is today after escaping from the abuse he suffered as a child and fighting his way back from a 50 pound weight gain in his early 20s He knows firsthand that you can't drop weight or enjoy better health until you overcome the mental obstacles that cause bad choices in the first place In **T is for Transformation** Shaun T unveils the 7 transformational principles that guided his progress through life and that are at the core of his incredibly successful workouts **T is for Transformation** is a motivational master class as Shaun shows you how to become more flexible and resourceful give everything you've got and most importantly trust and believe in your path to success The only real obstacles in life are the mental ones and **T is for Transformation** can train you to achieve astonishing results in your own life just as Shaun T has in his **Navigator Non-Fiction Year 5: in Focus** Pearson Education, 2002-04-26 **Navigator** is a KS2 reading scheme which covers fiction and non fiction It provides material to give pupils a 20 minute guided reading session per week during each school year *Houghton Mifflin Health Bud Getchell, 1987* **Dispute Settlement Reports 2006: Volume 8, Pages 3185-3788**, *Bibliography of Agriculture*, 1964 **Safety and Health at Work**, 2002 **Encyclopedia of Food Chemistry**, 2018-11-22 **Encyclopedia of Food Chemistry** Three Volume Set is the ideal primer for food scientists researchers students and young professionals who want to acquaint themselves with food chemistry Well organized clearly written and abundantly referenced the book provides a foundation for readers to understand the principles concepts and techniques used in food chemistry applications Articles are written by international experts and cover a wide range of topics including food chemistry food components and their interactions properties flavor aroma texture the structure of food functional foods processing storage nanoparticles for food use antioxidants the Maillard and Strecker reactions process derived contaminants and the detection of economically motivated food adulteration The encyclopedia will provide readers with an introduction to specific topics within the wider context of food chemistry as well as helping them identify the links between the various sub topics Offers readers a comprehensive understanding of food chemistry and the various connections between the sub topics Provides an authoritative introduction for non specialists and readers from undergraduate levels and upwards Meticulously organized with articles structured logically based on the various elements of food chemistry *Scott Foresman Life Science Addison-Wesley Educational Publishers, Incorporated, 1985-08* **Subject Guide to Books in Print**, 1993 *Health* Frances Sienkiewicz Sizer, 2000 This student textbook for grades 9-12 covers emotional and physical health topics along with drug abuse information human reproduction general fitness and nutrition and the environment and health impact each other

Bibliography of Agriculture ,1964 *Signatures* ,1997 Bibliographic Guide to Government Publications New York Public Library. Research Libraries,1975 **Asian Sources Gifts & Home Products** ,2002 **The Office of Environmental Management Technical Reports** ,1997 **FAO Fisheries Technical Paper** ,2005 *Application of Modern Analytical Techniques to Ensure Seafood Safety and Authenticity* Iciar Martinez,David James, Henri Loréal,2005 The first part of this book examines traditional and modern methods for the detection and typing of agents implicated in seafood borne diseases Immunological analyses molecular biology methods and protein based analyses for detection and typing are discussed as is the detection of strains carrier of resistance to disinfectants and some antibiotics The second part deals with methods to ensure seafood authenticity including current legislation related to traceability and labelling in the USA and Europe **Words on Cassette** ,1995 *Ate Science Plus 2002 LV Red* Holt Rinehart & Winston,2001-02 *Bibliography of Agriculture with Subject Index* ,1996

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