

FOCUS T25

Purpose: This sheet was designed to keep track of your progress for FOCUS T25. The instructions are below.

Day 01
Day 70

27-Jul-2014
8-Oct-2014

Enter Start Date/Time!

Link: [STATS](#)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALPHA THE FOUNDATION	27-Jul CARNO	28-Jul SPEED 12	29-Jul TOTAL BODY CIRCUIT	30-Jul AB HYPERVOLS	31-Jul LOWER FOCUS CARNO	1-Aug STAIRS	2-Aug STAIRS
	1-Aug CARNO	2-Aug TOTAL BODY CIRCUIT	3-Aug SPEED 12	4-Aug CARNO	5-Aug LOWER FOCUS AB HYPERVOLS	6-Aug STAIRS	7-Aug STAIRS
	8-Aug TOTAL BODY CIRCUIT	9-Aug SPEED 12	10-Aug LOWER FOCUS	11-Aug CARNO	12-Aug TOTAL BODY CIRCUIT AB HYPERVOLS	13-Aug STAIRS	14-Aug STAIRS
	15-Aug CARNO	16-Aug TOTAL BODY CIRCUIT	17-Aug LOWER FOCUS	18-Aug TOTAL BODY CIRCUIT	19-Aug AB HYPERVOLS SPEED 12	20-Aug STAIRS	21-Aug STAIRS
	22-Aug TOTAL BODY CIRCUIT	23-Aug AB HYPERVOLS	24-Aug TOTAL BODY CIRCUIT	25-Aug CARNO	26-Aug TOTAL BODY CIRCUIT LOWER FOCUS	27-Aug STAIRS	28-Aug STAIRS
BETA THE CORE	29-Aug CORE CARNO	30-Aug SPEED 12	31-Aug HIIT CIRCUIT	1-Sep DYNAMIC CORE	2-Sep LOWER FOCUS CORE CARNO	3-Sep STAIRS	4-Sep STAIRS
	5-Sep DYNAMIC CORE	6-Sep CORE CARNO	7-Sep HIIT CIRCUIT	8-Sep UPPER FOCUS	9-Sep HIIT CIRCUIT SPEED 12	10-Sep STAIRS	11-Sep STAIRS
	12-Sep CORE CARNO	13-Sep UPPER FOCUS	14-Sep SPEED 12	15-Sep HIIT CIRCUIT	16-Sep DYNAMIC CORE SPEED 12	17-Sep STAIRS	18-Sep STAIRS
	19-Sep HIIT CIRCUIT	20-Sep DYNAMIC CORE	21-Sep CORE CARNO	22-Sep DYNAMIC CORE	23-Sep SPEED 12 LOWER FOCUS	24-Sep STAIRS	25-Sep STAIRS
	26-Sep HIIT CIRCUIT	27-Sep CORE CARNO	28-Sep HIIT CIRCUIT	29-Sep DYNAMIC CORE	30-Oct HIIT CIRCUIT SPEED 12	31-Oct STAIRS	1-Nov STAIRS

Instructions: To begin using this sheet, follow these instructions:

- Start by entering the date that you plan on starting FOCUS T25 in the box that says "Day 01" above.
 - The rest of the calendar will be automatically filled in for you.
 - The sheet will now customize the "Day of the Week" based on the start date. This way, if you start on Saturday at "Day 1", the sheet will show SATURDAY as the Day of the Week.
 - The number of the day that you are on also is reflected on the calendar.
- PUSH PLAY! And begin recording your progress.
 - If you want to make a note on a particular exercise, just add a comment to the cell. (See Microsoft's "Help" feature if you don't know how. It's easy. Just right-click the cell and select "Insert Comment".)
- When you have completed a workout, click the name of the workout.
 - You will be taken to the "Workout" or "Fit Test" sheet.
- Once you have completed your workout, place an X in the COMPLETED ~~xxxxxx~~ cell that coincides with your workout day.
 - Placing an "X" in the COMPLETED ~~xxxxxx~~ cell will automatically update your progress on the "Full Routine" sheet.
- Click the link at the bottom of the "Workout" or "Fit Test" sheet to take you back to the "Full Routine" sheet.
 - You'll notice, now that Day "1" turns in to an "X", you have officially X'd your workout for the day!
- Go drink a (Recovery) shake!!
- Repeat the above steps each day until Day 70.



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T25 Quick Start Guide

Sabine Zange

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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addition to covering essential topics that have been the backbone of cytogenetics for over 60 years such as the basic components of a cell use of a microscope human tissue processing for cytogenetic analysis prenatal constitutional and neoplastic laboratory safety and the mechanisms behind chromosome rearrangement and aneuploidy this edition introduces new and expanded chapters by experts in the field Some of these new topics include a unique collection of chromosome heteromorphisms clinical examples of genomic imprinting an example driven overview of chromosomal microarray mathematics specifically geared for the cytogeneticist usage of ISCN's cytogenetic language to describe chromosome changes tips for laboratory management examples of laboratory information systems a collection of internet and library resources and a special chapter on animal chromosomes for the research and zoo cytogeneticist The range of topics is thus broad yet comprehensive offering the student a resource that teaches the procedures performed in the cytogenetics laboratory environment and the laboratory professional with a peer reviewed reference that explores the basis of each of these procedures This makes it a useful resource for researchers clinicians and lab professionals as well as students in a university or medical school setting

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