

T25 CORE WORKOUT

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[FOCUS T25 - Beachbody on Demand](#)

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[Focus T25 Workout: What You Do, How Hard It Is, and More](#)

Focus T25 is a DVD workout series from Shaun T, the trainer who created the Insanity video workout series. His T25 program is an intense full-body routine, similar to Insanity or P90X. But for

[Focus T25 Workout Schedule and Calendar Workout](#)

The following Focus T25 Workout Schedule comes from the T25 Workout Calendar out of the box. So if you are on the go or lost your calendar you can always reference this page for your daily fitness schedule. This workout is designed to give you an easy to follow 2 month program. However, the workout calendar doesn't end after 2 months if you don't want it to. Focus T25 also offers an

[T25 Schedule | Printable T25 Calendar & Equipment Needed](#)

Shaun T's Focus T25 is a 90 day workout program. We provide the T25 schedule and printable calendars for the alpha, beta and gamma phase. Plus, get access to a

[Printable Pure Strength T25 Calendar for a full 14-week schedule. Plus what you need for the workouts!](#)

[T25 Core Speed Workout Program | Workout Scheduler](#)

The Core Speed workout is a bonus workout from T25 Beachbody. Because this is a bonus workout, it's not directly included on the T25 calendar. Core Speed is the perfect workout when you're busy and have no time to waste. It's 25 minutes of pushing hard, burning fat, and getting in shape in record time.

[FOCUS T25 Base Kit - Beachbody](#)

The result is FOCUS T25 and the name implies the intent:

If you focus your intensity for 25 minutes, do it 5 days a week, and follow the program, you will get results. What You Get Your FOCUS T25 Base Kit Includes:

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

"Get an hour's results in just 25 minutes a day with FOCUS T25 Alpha & Beta." Major studies have shown that 30 minutes of exercise can be just as effective at burning fat and even more efficient than 60 minutes of exercise.

[Focus T25: Beta CORE CARDIO Review! | Dumbbells and Diapers](#)

Therefore, it is time for day: 36: Focus T25: Beta CORE CARDIO! Rather than following the schedule, I am doing

my own hybrid of Body Beast and Focus T25 (starting today). Length: 25 minutes - unless you count the Shakeology commercial and Shaun T fancy intro at the beginning and cool down at the end and it is really about 30 minutes .

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.

INSANITY vs Focus T25 - How These Two Workouts Compare

Focus T25 is also high intensity cardiovascular training with some weight training mixed in for a full body toning workout that hits not only your core, but your legs, arms, and back. The workouts in Focus T25 are only 25 minutes long for 5 days a week, which is optimum for those with full time jobs, busy moms, etc.

FOCUS T25 Workout - NEW Shaun 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 Core Speed Workout

Quick Sneak Peak on the New Focus T25 Core Speed - Can't compare to INSANITY but it's INSANE in its own way! Best part - only 25 minutes long!