



25 MINUTES  
A DAY

# BETA PHASE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CORE CARDIO	SPEED 2.0	RIP-T CIRCUIT	DYNAMIC CORE	UPPER FOCUS CORE CARDIO	REST	STRETCH
WEEK 2	DYNAMIC CORE	CORE CARDIO	RIP-T CIRCUIT	UPPER FOCUS	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH
WEEK 3	CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIP-T CIRCUIT	DYNAMIC CORE SPEED 2.0	REST	STRETCH
WEEK 4	RIP-T CIRCUIT	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0 UPPER FOCUS	REST	STRETCH
WEEK 5	RIP-T CIRCUIT	CORE CARDIO	RIP-T CIRCUIT	DYNAMIC CORE	RIP-T CIRCUIT SPEED 2.0	REST	STRETCH

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**Victor M. Corman**



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