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The Focus T25
Challenge Pack
Includes: Alpha, Beta
Phases of the workout
(10 DVD's), Quick Start
Guide, Get It Done
Nutrition Guide,
Workout Calendar,
Stretch Workout, 5 Day
Fast Start, 15 pound
resistance bands,
Bonus DVD Core Speed
Workout, and
Shakeology!

The Ultimate Focus
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T25 Resource Guide **| Smart Ass Fitness**

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Focus T25 is an online or 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 .

Focus T25 Workout: What You Do, How

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Hard It Is, and More

Doing this consistently will put you SO much further ahead of those people who might not get results with Focus T25. Remember to focus on GOOD Carbs (Oatmeal, Whole Wheat Breads, Bananas, Apples). For proteins (Chicken, Lean Beef/Meats, Protein Shakes like Shakeology and Whey Protein). You are not alone! If you have questions about

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the Focus T25 Nutrition Guide that I didn't talk about above, comment below and let's chat!
Yours in Success,
Coach Bob

Focus T25 Nutrition Guide Tips and Tricks to Succeed

What makes the T25 nutrition guide SO unique and really sets it apart from any other nutrition guide? Find out this and more while I walk you through the

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T25...

**FOCUS T25 ::
Nutrition Guide
Explained - YouTube**
FIND ME ON FACEBOOK
TO JOIN OUR FOCUS
T25 CHALLENGE
GROUP . Citrus
Marinade (use for
dressing or marinating
fish or chicken) 3 Tblsp
fresh 100% orange
juice. 2-3 Tblsp fresh
squeezed lemon juice.
1 Tblsp lime juice (optional) 1 tsp raw

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honey. 2 tsp dijon
mustard. 2 Tblsp Olive
oil

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The Focus T25 workout
schedule is very simple

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- 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.

Get the Focus T25 Workout Calendar Schedules

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fitness program called Focus T25. This workout... Read More
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Focus T25 Workout Calendar - Print A Workout Calendar

The simpleness continues where the Focus T25 Nutrition Plan breaks down your calories per meal for you! These are based on estimates depending on your

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target calories for the day and the recipes which you will find in the T25 Nutrition Guide when you order Focus T25 are designed to work with both the 1,200 and 1,600 calorie intake levels.

Focus T25 Nutrition Plan - Enough For EXTREME Results ...

NAILED IT Checklist #3: Nutrition Guide - Always follow the Focus T25 Nutrition

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Guide daily and consistently. If you are having a problem scaling back from old food habits (or a food addiction), remember that this is just 60 days. Envision WHY you want to succeed so badly with Focus T25, ...

Focus T25 Tips - How to Nail It Each Day!

Focus T25 Quick Start
Guide Focus T25 Quick

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Start Guide - Scribd 'My
3 Day Quick Fix Guide
for the Best Results
April 17th, 2018 - The 3
Day Quick Fix is a
simple add on to the
program that will help
get you enhance your
results by helping your
body Focus T25 Quick
Start Guide -
Maharashtra FOCUS
T25® Challenge Group
Guide Instructions -
How ...

Focus T25 Quick
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Start Guide - builder 2.hpd-

collaborative.org

FOCUS T25 | Week 7 |

Day 2 | Core Cardio.

Timing your pre-workout nutrition is important. Eating immediately before you exercise will reduce the energy available for your workout, since your body will be focused on digestion. For maximum energy, try eating a small meal

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about two hours before you exercise.

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Download the Focus T25 Nutrition Guide PDF and discover how to keep your diet plan simple and easy to follow. Article by Madeline Hall. 330. Nutrition Guide Nutrition Plans Fitness Nutrition Smart Nutrition Fitness Tips T25 Workout Workout Motivation Get Healthy Healthy Recipes.

Focus T25 Nutrition
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1 FOCUS T25®

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Use This Guide In this
guide, you will find
shareable social media
posts, including tips,
recipes, videos*, and
more, that correspond
to each week of your
FOCUS T25 Challenge
Group.

Instructions How to

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Use This Guide

If you are looking to purchase Focus T25, you will get a Bonus DVD if you purchase through me and get either the Focus T25 Base Kit (\$119.85) or the Focus T25 Challenge Pack that comes with Shakeology and \$2 Shipping (\$205). I can't wait to get you started on your journey! I lost 45 pounds in 90 days! I know you can do it to.

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