

# 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

**EW Minium**



## **Focus T25 Nutritional Guide:**

## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Focus T25 Nutritional Guide**

In some sort of inundated with monitors and the cacophony of quick transmission, the profound power and emotional resonance of verbal art usually fade into obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, located within the musical pages of **Focus T25 Nutritional Guide**, a fascinating perform of literary brilliance that impulses with natural thoughts, lies an unique trip waiting to be embarked upon. Published with a virtuoso wordsmith, this magical opus guides readers on a mental odyssey, gently exposing the latent possible and profound affect embedded within the delicate web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is central subjects, dissect their interesting writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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und integrative gesundheit erklärt meditation ist eine geistige und körperliche praxis die seit langem zur steigerung der ruhe und körperlichen entspannung zur verbesserung des psychischen gleichgewichts zur

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web meditation bezeichnet eine gruppe von geistesübungen die in verschiedenen traditionen seit jahrtausenden überliefert sind ein wesentliches element meditativer techniken ist das bewusste steuern der aufmerksamkeit

**meditasyonun temeli meditasyon nedir ve nasıl yapılır** - Oct 05 2022

web mar 2 2013 tüm kültürlerde meditasyon özü aynıdır ve bunu sürekli uygulamadan imgelemelerde başarılı olunamayacağı bilinir meditasyon diye tüm bildiklerinizi bir kenara koyarak incelemenizde fayda var çünkü meditasyonun temeli tektir her ruhsal öğretilerde tasavvuf taoizm zen zazen paganizm budizm bu teknikler değişmez

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web jul 30 2018 das moderne wort meditation hat seinen ursprung in der lateinischen wurzel med zu messen zu begrenzen zu betrachten zu raten geeignete maßnahmen zu treffen es bezieht sich weiter auf die worte meditatio oder meditari nachdenken nachsinnen überlegen

**meditation lernen weg zur entspannung und inneren ruhe** - May 12 2023

web nov 4 2022 meditation ist eine gedankenübung die dazu dient den geist zu sammeln und zu beruhigen der zustand der tiefen entspannung der dabei eintritt hilft beim stressabbau und einschlafen erfahren sie wie meditieren funktioniert und warum sich das erlernen lohnt

**was ist meditation eigentlich eine kurze einführung einfach** - Jul 14 2023

web mar 18 2016 meditation ist ein bei sich sein wörtlich übersetzt bedeutet es so viel wie sich zur mitte hin ausrichten oder einen zustand entspannter aufmerksamkeit einzunehmen das ziel besteht darin sich von den reizen der außenwelt und dem trubel des alltags in sich selbst zurückzuziehen und anzunehmen was gerade da ist

**was ist meditation 6 häufige fragen beantwortet** - Mar 30 2022

web sep 23 2018 bei der meditation übst du dich darin im gegenwärtigen moment zu sein und wahrzunehmen was geschieht das heißt mit liebevoller offenheit alles zu empfangen was da ist was aufkommt und alles sein zu lassen wie es ist du bist der reine beobachter von allem was um dich herum und in dir geschieht