

T25 FULL WORKOUT VIDEO

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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 **T25 Workout Schedule - Print or Download The Calendar**

If you are looking for the Focus T25 workout calendar to download or print out I have it here for free in excel, pdf, open office and word format.

Focus T25 Workout Review Day 1 Cardio

Focus T25 Workout Review Day 1 Cardio | This is my personal workout journal to get fit using the Focus T25 workout program starting with day 1 cardio

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Focus T25. With FOCUS T25, Shaun T brings you short, intense workouts that give you ridiculous results. 25 minutes is all it takes for you to get those ripped abs