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Workout Note	 	
Workout Time per Day	25 minutes + 2 mins cooldown	30 minutes + 3-5 mins cooldown
Workout Days per Week	5 Days	6 Days
Total Days to Complete	70 Days	90 Days
Trainer	Shaun T (INSANITY, Hip Hop Abs)	Tony Horton (P90X, Power 90)
Equipment Needed?	Resistance Bands or Dumbbells (not much equipment needed)	Pull-Up Bar, Dumbbells, Yoga Mat
Workout DVDs Included	11 Workouts	16 Workouts
Major Focus	Focus Interval Training	Muscle Acceleration (including Yoga and Flexibility focuses)
Primary Goal (My Opinion)	Fat Loss	Lean Muscle/Ripped

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The result is FOCUS T25—and the name implies the intent: If you focus your intensity for 25 minutes and you do it 5 days a week, you will get results.

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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.. com/FocusT25 ►Instagram: ►Pinterest: FOCUS T25 comes with 11 workouts on 9 DVDs, a Quick Start guide, the Get It Done Nutrition guide, Alpha/Beta wall calendars, the 5-day Fast Track meal guide, a B-Lines Resistance Band (15 lb.. 4W S15 284mm LED Light Bulbs Cool White 6000K 60W S15 Striplight Replacement T25 Tubular Lamp S15s Fitting LED Clear Filament Lightbulb 284mm (2-Pack, Non-dimmable).. It's about time Focus T25 Focus T25 Summer 2013 T25 Workout Shaun T It's About Time Get It Done Beachbody T25 Focus FocusT25.. I T) 25 minutes 5 days a week 100% results ►Facebook: facebook com/focust25 ►Twitter: twitter.

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