

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 Start Guide

**César Rodríguez-Garavito, Diana
Rodríguez-Franco**



Focus T25 Start Guide:

Navigator Dimensions Year 3: Teaching Guide Eileen Jones, 2005-05-09 **Strengthening Support and Recruitment of Women and Minorities to Positions in Education Administration**, 1993-12 The activities in this resource manual are aimed at those who make policies and decisions about the staffing of administrator positions Covers expanding recruitment efforts providing entry level support promoting advancement opportunities determining next steps and much more
Bibliography Graphs *Strengthening Support & Recruitment of Women & Minorities to Positions in Education Administration*, 1992 Activities aimed at addressing the need for recruiting women and minorities in school administration are presented in this resource manual which is a collective work of the Study Group on Women and Minorities sponsored by the National LEADership Network Each section describes an interactive adaptable activity that is aimed at policymakers and administrative staffs The first activity focuses on how to obtain use and disseminate information to create a state demographic profile The second activity aims to share information about several current recruitment programs and to help Leadership in Educational Administration Development LEAD directors plan for expanding recruitment efforts Providing entry level support is the purpose of the third activity which is designed to create awareness and encourage the development of entry level programs for women and minorities The fourth activity examines the promotion of advancement opportunities for women and minorities identifying barriers to advancement and determining strategies to overcome them and valuing diversity in leadership styles Activity 5 helps administrators create an action plan Forty three figures can be made into transparencies and a list of resources accompanies each section Appendices contain an article on access to the roles of school leadership resolutions adopted by the National School Boards Association NSBA and American Association of School Administrators AASA LEAD Center directors trainers resources and training activity notes Contains 44 references LMI

Classworks Non-Fiction Year 4 Julie Orrell, Eileen Jones, 2004 Provides everything you need to slot into your medium term plan Encyclopedia Of The Global Economy A Guide For Students And Researchers David E. O connor, 2006

Scott Foresman Life Science Addison-Wesley Educational Publishers, Incorporated, 1985-08 **Official Gazette of the United States Patent and Trademark Office**, 1997 *Radical Deprivation on Trial* César Rodríguez-Garavito, Diana Rodríguez-Franco, 2015-10-22 Using a Colombian case study this book assesses the potential for court rulings to enact real life social change **Buck's 2023 ICD-10-CM for Hospitals - E-Book** Elsevier, 2022-10-22 NEW Updated 2023 Official Code set reflects the latest ICD 10 codes needed for diagnosis coding Buck's 2024 ICD-10-CM for Hospitals - E-Book Elsevier, 2023-09-08 NEW Updated 2024 Official Code set reflects the latest ICD 10 codes needed for diagnosis coding

2018 ICD-10-CM Physician Professional Edition - E-Book Carol J. Buck, 2017-10-11 UPDATED 2018 Official Code set reflects the latest ICD 10 codes needed for diagnosis coding NEW Key terms are highlighted making code selection faster and easier NEW Color images and updated easy to use design allows for more familiarity with difficult coding concepts

Buck's 2019 ICD-10-CM Physician Edition E-Book Elsevier,2018-10-04 NEW UPDATED 2019 Official Code set reflects the latest ICD 10 codes needed for diagnosis coding **Buck's 2025 ICD-10-CM for Hospitals - E-BOOK** Elsevier Inc,Jackie Koesterman,2024-09-26 Selecting diagnosis codes is faster and easier with Buck s 2025 ICD 10 CM for Hospitals Designed by coders for coders this full color manual includes all the ICD 10 codes that you need for today s inpatient coding As coders need extensive knowledge to code with ICD 10 CM and to choose from the thousands of possible codes this edition makes it easier with colorful anatomy plates including Netter s Anatomy illustrations to help you understand anatomy and how it can affect your code choices In addition it comes with durable spiral binding and includes a companion website with the latest coding updates *2018 ICD-10-CM Hospital Professional Edition - E-Book* Carol J. Buck,2017-09-08 Ideal for radiology residents and medical students as well as anyone who reads or orders radiology imaging studies this user friendly reference covers the basics of how to approach read and interpret radiological images Using concise step by step explanations and an enjoyable writing style expert radiologist Dr Fred A Mettler Jr walks you through a sequential thought process for all common indications for radiologic studies and their interpretation Featuring thorough updates from cover to cover this resource covers the fundamental information you need to know as well as recent advances in the field UPDATED 2018 Official Code set reflects the latest ICD 10 codes needed for diagnosis coding NEW Key terms are highlighted making code selection faster and easier NEW Color images and updated easy to use design allows for more familiarity with difficult coding concepts *Buck's 2021 ICD-10-CM for Physicians - E-Book* Elsevier,2020-09-25 Selecting diagnosis codes is faster and easier with Buck s 2021 ICD 10 CM for Physicians Designed by coders for coders this full color manual ensures you learn the most accurate billing and reimbursement codes for medical services provided in the physicians office and outpatient settings As coders need extensive knowledge to code with ICD 10 CM and to choose from the thousands of possible codes this edition makes it easier with colorful anatomy plates including Netter s Anatomy illustrations to help you understand anatomy and how it can affect your code choices In addition it comes with durable spiral binding and includes a companion website with the latest coding updates **Buck's 2025 ICD-10-CM for Physicians - E-BOOK** Elsevier Inc,Jackie Koesterman,2024-09-26 Selecting diagnosis codes is faster and easier with Buck s 2025 ICD 10 CM for Physicians Designed by coders for coders this full color manual includes all the ICD 10 codes that you need to code medical services provided in physicians offices and outpatient settings As coders need extensive knowledge to code with ICD 10 CM and to choose from the thousands of possible codes this edition makes it easier with colorful anatomy plates including Netter s Anatomy illustrations to help you understand anatomy and how it can affect your code choices In addition it comes with durable spiral binding and includes a companion website with the latest coding updates *Buck's 2022 ICD-10-CM for Hospitals E-Book* Elsevier,2021-10-09 Selecting diagnosis codes is faster and easier with Buck s 2022 ICD 10 CM for Hospitals Designed by coders for coders this full color manual includes all the ICD 10 codes that you need for today s inpatient coding As coders

need extensive knowledge to code with ICD 10 CM and to choose from the thousands of possible codes this edition makes it easier with colorful anatomy plates including Netter s Anatomy illustrations to help you understand anatomy and how it can affect your code choices In addition it comes with durable spiral binding and includes a companion website with the latest coding updates *Buck's 2021 ICD-10-CM for Hospitals - E-Book* Elsevier,2020-09-25 Selecting diagnosis codes is faster and easier with Buck s 2021 ICD 10 CM for Hospitals Designed by coders for coders this full color manual includes all the ICD 10 codes that you need for today s inpatient coding As coders need extensive knowledge to code with ICD 10 CM and to choose from the thousands of possible codes this edition makes it easier with colorful anatomy plates including Netter s Anatomy illustrations to help you understand anatomy and how it can affect your code choices In addition it comes with durable spiral binding and includes a companion website with the latest coding updates **Buck's 2022 ICD-10-CM for Physicians - E-Book** Elsevier,2021-10-09 Selecting diagnosis codes is faster and easier with Buck s 2022 ICD 10 CM for Physicians Designed by coders for coders this full color manual ensures you learn the most accurate billing and reimbursement codes for medical services provided in the physicians office and outpatient settings As coders need extensive knowledge to code with ICD 10 CM and to choose from the thousands of possible codes this edition makes it easier with colorful anatomy plates including Netter s Anatomy illustrations to help you understand anatomy and how it can affect your code choices In addition it comes with durable spiral binding and includes a companion website with the latest coding updates **Buck's 2023 ICD-10-CM Physician Edition - E-Book** Elsevier,2022-10-22 Selecting diagnosis codes is faster and easier with Buck s 2023 ICD 10 CM for Physicians Designed by coders for coders this full color manual ensures you learn the most accurate billing and reimbursement codes for medical services provided in physicians offices and outpatient settings As coders need extensive knowledge to code with ICD 10 CM and to choose from the thousands of possible codes this edition makes it easier with colorful anatomy plates including Netter s Anatomy illustrations to help you understand anatomy and how it can affect your code choices In addition it comes with durable spiral binding and includes a companion website with the latest coding updates

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Focus T25 Start Guide Introduction

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