

The popularity of celebrity trainer Shaun T brings exceptional opportunities everywhere you turn. FOCUS T25 is sure to appeal to Shaun's widest fan base ever! So remember these key points when talking to your customers.

What is FOCUS T25?

- In-home workouts designed to deliver an hour's results in just 25 minutes a day.
- A workout program by fitness expert and former track star Shaun T—who brought the world INSANITY®.
- Fast-paced routines that are jam-packed with dynamic, high-intensity moves designed for maximum efficiency and effectiveness.

Who is the target audience?

- Busy people who want to work out for less time but still get great results.
- Those who enjoy a high-intensity, no-nonsense program that makes every minute count.
- Men and women who want to work out just 25 minutes a day to get in the best shape of their lives.

What do people love most about FOCUS T25?

- Even those people with incredibly tight schedules can always find 25 minutes a day to work out.
- Major studies have shown that 30 minutes of exercise can be just as effective at burning fat and even more efficient than 60 minutes of exercise.
- There's always a modifier on screen, so literally anyone at any fitness level can GET IT DONE with FOCUS T25.

Can I stream my FOCUS T25 workouts?

- Yes! If you are a Beachbody On Demand member, you can stream FOCUS T25 and hundreds of Beachbody workouts. Access Beachbody On Demand via any TV, desktop, laptop, tablet, or mobile device—wherever you have an internet connection.

What should be done after completing the FOCUS T25 Base Kit ALPHA and BETA Cycles?

- The Deluxe Kit **GAMMA Cycle**, which includes the next 4 weeks of FOCUS T25 workouts and advanced tools to help your customers get advanced results. Or, from the very start, you can combine GAMMA WITH BETA to ramp up your 10-week results!