

P90X / X2 / X3

HYBRID WORKOUT

FOUNDATION PHASE							
Phase	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Foundation Phase	X2 Total Body / X2 Ab Ripper	Plyocide	X2 Balance + Power	Isometrix	X3 Total Synergistics	Rest/ Recovery	Rest/ Recovery
	X2 Total Body / X2 Ab Ripper	Plyocide	X2 Balance + Power	Isometrix	X3 Total Synergistics	Rest/ Recovery	Rest/ Recovery
	X2 Total Body / X2 Ab Ripper	Plyocide	X2 Balance + Power	Isometrix	X3 Total Synergistics	Rest/ Recovery	Rest/ Recovery
Recovery/Transition Week	X2 Yoga	X2 Core	YogaX	PilatesX	X3 Yoga	Rest/ Recovery	Rest/ Recovery
STRENGTH PHASE							
Phase	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Strength Phase	Chest+Back+Balance & X2 Ab Ripper	Eccentric Lower	P90X Shoulders/Arms & X2 Ab Ripper	X3 Yoga	Base+Back/ X2 Ab Ripper	Rest/ Recovery	Rest/ Recovery
	Chest+Back+Balance & X2 Ab Ripper	Eccentric Lower	P90X Shoulders/Arms & X2 Ab Ripper	X3 Yoga	Base+Back/ X2 Ab Ripper	Rest/ Recovery	Rest/ Recovery
	Chest+Back+Balance & X2 Ab Ripper	Eccentric Lower	P90X Shoulders/Arms & X2 Ab Ripper	X3 Yoga	Base+Back/ X2 Ab Ripper	Rest/ Recovery	Rest/ Recovery
	Chest+Back+Balance & X2 Ab Ripper	Eccentric Lower	P90X Shoulders/Arms & X2 Ab Ripper	X3 Yoga	Base+Back/ X2 Ab Ripper	Rest/ Recovery	Rest/ Recovery
Recovery/Transition Week	X2 Yoga	Accelerator	YogaX	PilatesX	X3 Yoga	Rest/ Recovery	Rest/ Recovery
PERFORMANCE PHASE							
Phase	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Performance Phase	P.A.P. Upper	P.A.P. Lower	Dynamix	Complex Upper	Complex Lower	Rest/ Recovery	Rest/ Recovery
	P.A.P. Upper	P.A.P. Lower	Dynamix	Complex Upper	Complex Lower	Rest/ Recovery	Rest/ Recovery
	P.A.P. Upper	P.A.P. Lower	Dynamix	Complex Upper	Complex Lower	Rest/ Recovery	Rest/ Recovery
Recovery/Transition Week	X2 Yoga	Decelerator	YogaX	PilatesX	X3 Yoga	Rest/ Recovery	Rest/ Recovery

NOTES: