



## "Round 5 Periodization"

### Training Block 1

Chest and Back (P90X)	Interval X+ (P90X Plus), Ab Ripper X (P90X)	Shoulders and Arms (P90X)	Insane Abs (Insanity Deluxe)	Upper Body Weight Training (Insanity Deluxe)	Plyometrics (P90X)	TRX	
Killer Abs (1-on-1's)	Chest and Back (P90X)	Interval X+ (P90X Plus), Ab Ripper X (P90X)	Shoulders and Arms (P90X)	Insane Abs (Insanity Deluxe)	Upper Body Weight Training (Insanity Deluxe)	Plyometrics (P90X)	
TRX	Interval X+ (P90X Plus), Ab Ripper X (P90X)	Chest and Back (P90X)	Insane Abs (Insanity Deluxe)	Shoulders and Arms (P90X)	Plyometrics (P90X)	Upper Body Weight Training (Insanity Deluxe)	Rest
Asylum Strength	Asylum S&A	Total Body Plus (P90X Plus)	Asylum Vert. Plyo	Asylum Back to Core and O.T.	Asylum Gameday	Stretch (1-on-1)	Rest

### Training Block 2

30 – 15 (1-on-1's)	Max Sports Training (Insanity Deluxe), Ab Ripper X (P90X)	Just Arms (1-on-1's)	Insane Abs (Insanity Deluxe)	Diamond Delts (1-on-1's)	Max Plyometrics (Insanity)	PAP (1-on-1)	
Killer Abs (1-on-1's)	30 – 15 (1-on-1's)	Max Sports Training (Insanity Deluxe), Ab Ripper X (P90X)	Just Arms (1-on-1's)	Insane Abs (Insanity Deluxe)	Diamond Delts (1-on-1's)	Max Plyometrics (Insanity)	
PAP (1-on-1)	Max Sports Training (Insanity Deluxe), Ab Ripper X (P90X)	30 – 15 (1-on-1's)	Insane Abs (Insanity Deluxe)	Just Arms (1-on-1's)	Max Plyometrics (Insanity)	Diamond Delts (1-on-1's)	Rest
Asylum Strength	Asylum S&A	Total Body Plus (P90X Plus)	Asylum Vert. Plyo	Asylum Back to Core and O.T.	Asylum Gameday	Stretch (1-on-1)	Rest

### Training Block 3

Back and Biceps (P90X)	Chest Shoulders Triceps (P90X)	Max Cardio Conditioning (Insanity), Ab Ripper X (P90X)	V-Sculpt (1-on-1)	UBX (1-on-1)	Max Interval Training (Insanity)	TRX	
Killer Abs (1-on-1's)	Back and Biceps (P90X)	Chest Shoulders Triceps (P90X)	Max Cardio Conditioning (Insanity), Ab Ripper X (P90X)	V-Sculpt (1-on-1)	UBX (1-on-1)	Max Interval Training (Insanity)	
TRX	Max Cardio Conditioning (Insanity), Ab Ripper X (P90X)	Back and Biceps (P90X)	Chest Shoulders Triceps (P90X)	Insane Abs (Insanity Deluxe)	V-Sculpt (1-on-1)	UBX (1-on-1)	Rest
Asylum Strength	Asylum S&A	Total Body Plus (P90X Plus)	Asylum Vert. Plyo	Asylum Back to Core and O.T.	Asylum Gameday	Stretch (1-on-1)	Rest

### Training Block 4

Chest/Back/Balls (1-on-1)	Plyocide (1-on-1)	New Shoulders & Arms (1-on-1)	Insane Abs (Insanity Deluxe)	Upper Body Plus (P90X Plus)	Cardio X, Ab Ripper X (P90X)	PAP (1-on-1)	
Killer Abs (1-on-1's)	Chest/Back/Balls (1-on-1)	Plyocide (1-on-1)	New Shoulders & Arms (1-on-1)	Insane Abs (Insanity Deluxe)	Upper Body Plus (P90X Plus)	Cardio X, Ab Ripper X (P90X)	
PAP (1-on-1)	Plyocide (1-on-1)	Chest/Back/Balls (1-on-1)	Insane Abs (Insanity Deluxe)	New Shoulders & Arms (1-on-1)	Max Plyometrics (Insanity)	Upper Body Plus (P90X Plus)	Rest
Asylum Strength	Asylum S&A	Total Body Plus (P90X Plus)	Asylum Vert. Plyo	Asylum Back to Core and O.T.	Asylum Gameday	Stretch (1-on-1)	Rest