Classic P90X

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 1	Chest & Back, Ab Ripper X	Plyometrics	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Chest & Back, Ab Ripper X	Plyometrics	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Chest & Back, Ab Ripper X	Plyometrics	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	Yoga X	Rest or X-Stretch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 2	Chest, Shoulders & Tirceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	Yoga X	Rest or X-Stretch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Phase 3	Chest & Back, Ab Ripper X	Plyometrics	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Chest & Back, Ab Ripper X	Plyometrics	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	Yoga X	Rest or X-Stretch

Double P90X

Ab Ripper X Plyometrics AB Ripper X Yoga X AB Ripper X X-St	st or retch
Chest & Back Shoulder & Arms Legs and Back Re	
Ab Ripper X Plyometrics AB Ripper X Yoga X AB Ripper X Kenpo X X-St	st or retch
I. I Plyometrics I I Yoga X I S 'I Kenno X I	st or retch
■ Yoga X Kenno X X Stretch Yoga X	st or retch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 2	am-Cardio X pm-CST, Ab Ripper X	Plyometrics	<mark>am</mark> -Cardio X pm-B&B, Ab Ripper X	Yoga X	am-Cardio X pm-L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	am-Cardio X pm-CST, Ab Ripper X	Plyometrics	am-Cardio X pm-B&B, Ab Ripper X	Yoga X	am-Cardio X pm-L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	am-Cardio X pm-CST, Ab Ripper X	Plyometrics	am-Cardio X pm-B&B, Ab Ripper X	Yoga X	am-Cardio X pm-L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	Yoga X	Rest or X-Stretch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Phase 3	am-Cardio X pm-C&B, Ab Ripper X	am-Cardio X pm- Plyometrics	Shoulder & Arms, AB Ripper X	am-Cardio X pm-Yoga	am-Cardio X pm-L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	am-Cardio X pm-CST, Ab Ripper X	am-Cardio X pm- Plyometrics	Back and Biceps, Ab Ripper X	am-Cardio X pm-Yoga	am-Cardio X pm-L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	am-Cardio X pm-C&B, Ab Ripper X	am-Cardio X pm- Plyometrics	Shoulder & Arms, AB Ripper X	am-Cardio X pm-Yoga	am-Cardio X pm-L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	am-Cardio X pm-CST, Ab Ripper X	am-Cardio X pm- Plyometrics	Back and Biceps, Ab Ripper X	am-Cardio X pm-Yoga	am-Cardio X pm-L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	Yoga X	Rest or X-Stretch
CST = Chest	t, Shoulders and	Triceps	L&B = Legs and Back	(

B&B = Back and Biceps

C&B = Chest and Back

Lean P90X

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
PHASE 1	Core Synergistics	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch	
	Core Synergistics	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch	
	Core Synergistics	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch	
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X	Rest or X-Stretch	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7	Core Synergistics	Cardio X	Chest, Shoulders & Tirceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 2	Core Synergistics	Cardio X	Chest, Shoulders & Tirceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Core Synergistics	Cardio X	Chest, Shoulders & Tirceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Core Synergistics	Cardio X	Chest, Shoulders & Tirceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X	Rest or X-Stretch

Phase 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Chest & Back, Ab Ripper X	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Cardio X	Back and Biceps, Ab Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
	Chest & Back, Ab Ripper X	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Cardio X	Back and Biceps, Ab Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X	Rest or X-Stretch