

# Classic P90X

## PHASE 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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

## PHASE 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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

## Phase 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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

## PHASE 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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

## PHASE 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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
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

## Phase 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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, Shoulders and Triceps  
B&B = Back and Biceps

L&B = Legs and Back  
C&B = Chest and Back

# Lean P90X

## PHASE 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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

## PHASE 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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