

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 & Triceps, 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 & Triceps, 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 & Triceps, 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 & Triceps, 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 & Triceps, 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	



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