P90X LEAN										
TRAINING BLOCK 1										
Week 1	DAY 1 CORE SYNERGISTICS	DAY 2 CARDIO X	DAY 3 SHOULDER/ARMS AB RIPPER X	DAY 4 YOGA X	DAY 5 LEGS & BACK AB RIPPER X	DAY 6 KENPO X	DAY 7 REST DAY C X STRECH	OR	y Phase	
Week 2	DAY 1 CORE SYNERGISTICS	DAY 2 CARDIO X	DAY 3 SHOULDER/ARMS AB RIPPER X	DAY 4 YOGA X	DAY 5 LEGS & BACK AB RIPPER X	DAY 6 KENPO X	DAY 7 REST DAY C	OR	Adaptive & Mastery	
Week 3	DAY 1 CORE SYNERGISTICS	DAY 2 CARDIO X	DAY 3 SHOULDER/ARMS AB RIPPER X	DAY 4 YOGA X	DAY 5 LEGS & BACK AB RIPPER X	DAY 6 KENPO X	DAY 7 REST DAY C	DR	Adaptiv	
Week 4	DAY 1 YOGA X	DAY 2 CORE SYNERGISTICS	DAY 3 KENPO X	DAY 4 x strech	DAY 5 CORE SYNERGISTICS	DAY 6 YOGA X	DAY 7 REST DAY C	OR	Recovery	
TRAINING BLOCK 2										
k 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		ψ.	
Week	CORE SYNERGISTICS	CARDIO X	CHST SHLDR TRICEP & AB RIPPER X	YOGA X	LEGS & BACK AB RIPPER X	KENPO X	REST DAY O	OR	Adaptive & Mastery Phase	
ek 6	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		Naste	
Week	CORE SYNERGISTICS	CARDIO X	CHST SHLDR TRICEP & AB RIPPER X	YOGA X	LEGS & BACK AB RIPPER X	KENPO X	REST DAY O	OR	e & N	
Week 7	DAY 1	DAY 2	DAY 3	DAY 4 YOGA X	DAY 5	DAY 6	DAY 7	OR .	Adaptiv	
	SYNERGISTICS		AB RIPPER X		AB RIPPER X		X STRECH			
8 %	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		Recovery	
Week	YOGA X	CORE SYNERGISTICS	KENPO X	X STRECH	CARDIO X	YOGA X	REST DAY C	OR	Rec	
TRAINING BLOCK 3										
Week 9	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7			
	CHEST & BACK AB RIPPER X	CARDIO X	SHOULDER/ARMS AB RIPPER X	YOGA X	CORE SYNERGISTICS	KENPO X	REST DAY O	OR	O)	
10	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		Phase	
Week	CHST SHLDR TRICEP & AB RIPPER X	CARDIO X	BACK & BICEPS AB RIPPER X	YOGA X	CORE SYNERGISTICS	KENPO X		OR	Adaptive & Mastery	
11		DAY 2		DAY 4		DAYO	DAY 7	=	Mas	
Week	DAY 1 CHEST & BACK	CARDIO X	DAY 3 SHOULDER/ARMS	DAY 4 YOGA X	DAY 5 CORE	DAY 6	REST DAY	OR	tive	
	AB RIPPER X	CARDIO X	AB RIPPER X	I	SYNERGISTICS	KEIG O X	X STRECH	4	Adap	
k 12	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7			
Week	CHST SHLDR TRICEP & AB RIPPER X	CARDIO X	BACK & BICEPS AB RIPPER X	YOGA X	CORE SYNERGISTICS	KENPO X	REST DAY O	OR		
Week 13	DAY 1 YOGA X	DAY 2 CORE SYNERGISTICS	DAY 3 KENPO X	DAY 4 x strech	DAY 5 CARDIO X	DAY 6 YOGA X	DAY 7 REST DAY C	OR	Recovery	
			www.	extremefitness.	results.com					