

START DATE: _____

FINISH DATE: _____

P90X: PHASE 1



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	CHEST AND BACK AB RIPPER X	PLYOMETRICS	SHOULDERS AND ARMS AB RIPPER X	YOGA X	LEGS AND BACK	KENPO X	REST
WEEK 2	CHEST AND BACK AB RIPPER X	PLYOMETRICS	SHOULDERS AND ARMS AB RIPPER X	YOGA X	LEGS AND BACK	KENPO X	REST
WEEK 3	CHEST AND BACK AB RIPPER X	PLYOMETRICS	SHOULDERS AND ARMS AB RIPPER X	YOGA X	LEGS AND BACK	KENPO X	REST
WEEK 4	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST

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START DATE: _____

FINISH DATE: _____

P90X: PHASE 2



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 5	CHEST SHOULDERS AND TRICEPS AB RIPPER X	PLYOMETRICS	BACK AND BICEPS AB RIPPER X	YOGA X	LEGS AND BACK	KENPO X	REST
WEEK 6	CHEST SHOULDERS AND TRICEPS AB RIPPER X	PLYOMETRICS	BACK AND BICEPS AB RIPPER X	YOGA X	LEGS AND BACK	KENPO X	REST
WEEK 7	CHEST SHOULDERS AND TRICEPS AB RIPPER X	PLYOMETRICS	BACK AND BICEPS AB RIPPER X	YOGA X	LEGS AND BACK	KENPO X	REST
WEEK 8	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST

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START DATE: _____

FINISH DATE: _____

P90X: PHASE 3



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 9	CHEST AND BACK AB RIPPER X	PLYOMETRICS	SHOULDERS AND ARMS AB RIPPER X	YOGA X	LEGS AND BACK	KENPO X	REST
WEEK 10	CHEST SHOULDERS AND TRICEPS AB RIPPER X	PLYOMETRICS	BACK AND BICEPS AB RIPPER X	YOGA X	LEGS AND BACK	KENPO X	REST
WEEK 11	CHEST AND BACK AB RIPPER X	PLYOMETRICS	SHOULDERS AND ARMS AB RIPPER X	YOGA X	LEGS AND BACK	KENPO X	REST
WEEK 12	CHEST SHOULDERS AND TRICEPS AB RIPPER X	PLYOMETRICS	SHOULDERS AND ARMS AB RIPPER X	YOGA X	LEGS AND BACK	YOGA X	REST
WEEK 13	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST

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