

START DATE: _____

FINISH DATE: _____

P90X3 CLASSIC BLOCK 1



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	CVX	THE WARRIOR	REST OR DYNAMIX
WEEK 2	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	CVX	THE WARRIOR	REST OR DYNAMIX
WEEK 3	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	CVX	THE WARRIOR	REST OR DYNAMIX
WEEK 4	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	CVX	X3 YOGA	REST OR DYNAMIX

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P90X3 CLASSIC BLOCK 2



THE EXERCISE MOVEMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 5	ECCENTRIC UPPER	TRIOMETRICS	K3 YOGA	ECCENTRIC LOWER	INCINERATOR	MMX	REST OR DYNAMIX
WEEK 6	ECCENTRIC UPPER	TRIOMETRICS	K3 YOGA	ECCENTRIC LOWER	INCINERATOR	MMX	REST OR DYNAMIX
WEEK 7	ECCENTRIC UPPER	TRIOMETRICS	K3 YOGA	ECCENTRIC LOWER	INCINERATOR	MMX	REST OR DYNAMIX
WEEK 8	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	CVX	X3 YOGA	REST OR DYNAMIX

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P90X3 CLASSIC BLOCK 3



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 9	DECELERATOR	AGILITY X	THE CHALLENGE OR COMPLEX UPPER	X3 YOGA	TRIOMETRICS	TOTAL SYNERGISTICS OR COMPLEX LOWER	REST OR DYNAMIX
WEEK 10	DECELERATOR	MMX	ECCENTRIC UPPER	TRIOMETRICS	PILATES X	ECCENTRIC LOWER	REST OR DYNAMIX
WEEK 11	DECELERATOR	AGILITY X	THE CHALLENGE OR COMPLEX UPPER	X3 YOGA	TRIOMETRICS	TOTAL SYNERGISTICS OR COMPLEX LOWER	REST OR DYNAMIX
WEEK 12	DECELERATOR	MMX	ECCENTRIC UPPER	TRIOMETRICS	PILATES X	ECCENTRIC LOWER	REST OR DYNAMIX

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