P90X® for Xbox Fitness

BEFORE YOU START:
TAKE "BEFORE" PHOTOS
AND BODY MEASUREMENTS.

EXCLUSIVE

30 DAY PROGRAM

1	2	3	4	5	6	7
▶ START POWER CARDIO	CHEST, SHOULDERS, AND ARMS	FIGHTER X	LEGS, BACK, AND CORE	GO FOR A RUN, HIKE, OR STRETCH	TOTAL CORE	RECOVERY
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐

8	9	10	11	12	13	14
LEGS, BACK, AND CORE	CHEST, SHOULDERS, AND ARMS	POWER CARDIO	FIGHTER X	TOTAL CORE	GO FOR A RUN, HIKE, OR STRETCH	RECOVERY
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐

15	16	17	18	19	20	21
FIGHTER X	TOTAL CORE	CHEST, SHOULDERS, AND ARMS	POWER CARDIO	GO FOR A RUN, HIKE, OR STRETCH	LEGS, BACK, AND CORE	RECOVERY
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐

22	23	24	25	26	27	28
TOTAL CORE	GO FOR A RUN, HIKE, OR STRETCH	LEGS, BACK, AND CORE	CHEST, SHOULDERS, AND ARMS	FIGHTER X	POWER CARDIO	RECOVERY
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐

29	30
CHEST, SHOULDERS, AND ARMS	POWER CARDIO ▶ TAKE "AFTER" PHOTOS AND BODY MEASUREMENTS
DIET Y☐ N☐	DIET Y☐ N☐

Congrats on finishing P90X® for Xbox Fitness! Now get ready for your next challenge . . . P90X3®. Featuring Tony Horton's breakthrough Muscle Acceleration system, P90X3 is designed to get you completely ripped in just 30 minutes a day. Go to P90X3.com now.

P90X®

for Xbox Fitness

DAYS 1–30

WEEK 1

DAY 1 – POWER CARDIO

DAY 2 – CHEST, SHOULDERS, AND ARMS

DAY 3 – FIGHTER X

DAY 4 – LEGS, BACK, AND CORE

DAY 5 – GO FOR A RUN, HIKE, OR STRETCH

DAY 6 – TOTAL CORE

DAY 7 – RECOVERY

WEEK 2

DAY 8 – LEGS, BACK, AND CORE

DAY 9 – CHEST, SHOULDERS, AND ARMS

DAY 10 – POWER CARDIO

DAY 11 – FIGHTER X

DAY 12 – TOTAL CORE

DAY 13 – GO FOR A RUN, HIKE, OR STRETCH

DAY 14 – RECOVERY

WEEK 3

DAY 15 – FIGHTER X

DAY 16 – TOTAL CORE

DAY 17 – CHEST, SHOULDERS, AND ARMS

DAY 18 – POWER CARDIO

DAY 19 – GO FOR A RUN, HIKE, OR STRETCH

DAY 20 – LEGS, BACK, AND CORE

DAY 21 – RECOVERY

WEEK 4

DAY 22 – TOTAL CORE

DAY 23 – GO FOR A RUN, HIKE, OR STRETCH

DAY 24 – LEGS, BACK, AND CORE

DAY 25 – CHEST, SHOULDERS, AND ARMS

DAY 26 – FIGHTER X

DAY 27 – POWER CARDIO

DAY 28 – RECOVERY

WEEK 5

DAY 29 – CHEST, SHOULDERS, AND ARMS

DAY 30 – POWER CARDIO

▶ NOTES

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.

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P90X® + P90X®

for Xbox Fitness

BEFORE YOU START:
TAKE "BEFORE" PHOTOS
AND BODY MEASUREMENTS.

EXCLUSIVE

HYBRID: WEEKS 1-4

▶ START 1 CHEST & BACK, AB RIPPER X	2 POWER CARDIO	3 SHOULDERS & ARMS, AB RIPPER X	4 YOGA X	5 LEGS, BACK, & CORE, AB RIPPER X	6 KENPO X	7 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
8 CHEST & BACK, AB RIPPER X	9 POWER CARDIO	10 SHOULDERS & ARMS, AB RIPPER X	11 YOGA X	12 LEGS, BACK, & CORE, AB RIPPER X	13 KENPO X	14 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
15 CHEST & BACK, AB RIPPER X	16 POWER CARDIO	17 SHOULDERS & ARMS, AB RIPPER X	18 YOGA X	19 LEGS, BACK, & CORE, AB RIPPER X	20 KENPO X	21 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
22 YOGA X	23 TOTAL CORE	24 KENPO X	25 X STRETCH	26 CORE SYNERGISTICS	27 YOGA X	28 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐

▶ NOTES

P90X® + P90X®

for Xbox Fitness

BEFORE YOU START:
TAKE DAY 30 PHOTOS
AND BODY MEASUREMENTS

EXCLUSIVE

HYBRID: WEEKS 5-8

29 CHEST, SHOULDERS, & ARMS, AB RIPPER X	30 PLYOMETRICS	31 BACK & BICEPS, AB RIPPER X	32 YOGA X	33 LEGS & BACK, AB RIPPER X	34 FIGHTER X	35 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
36 CHEST, SHOULDERS, & ARMS, AB RIPPER X	37 PLYOMETRICS	38 BACK & BICEPS, AB RIPPER X	39 YOGA X	40 LEGS & BACK, AB RIPPER X	41 FIGHTER X	42 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
43 CHEST, SHOULDERS, & ARMS, AB RIPPER X	44 PLYOMETRICS	45 BACK & BICEPS, AB RIPPER X	46 YOGA X	47 LEGS & BACK, AB RIPPER X	48 FIGHTER X	49 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
50 YOGA X	51 CORE SYNERGISTICS	52 FIGHTER X	53 X STRETCH	54 TOTAL CORE	55 YOGA X	56 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐

▶ NOTES

P90X® + P90X®

for Xbox Fitness

BEFORE YOU START:
TAKE DAY 60 PHOTOS
AND BODY MEASUREMENTS

EXCLUSIVE

HYBRID: WEEKS 9-13

57 CHEST & BACK, AB RIPPER X	58 POWER CARDIO	59 SHOULDERS & ARMS, AB RIPPER X	60 YOGA X	61 LEGS, BACK, & CORE, AB RIPPER X	62 FIGHTER X	63 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
64 CHEST, SHOULDERS, & ARMS, AB RIPPER X	65 PLYOMETRICS	66 BACK & BICEPS, AB RIPPER X	67 YOGA X	68 LEGS & BACK, AB RIPPER X	69 FIGHTER X	70 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
71 CHEST & BACK, AB RIPPER X	72 POWER CARDIO	73 SHOULDERS & ARMS, AB RIPPER X	74 YOGA X	75 LEGS, BACK, & CORE, AB RIPPER X	76 FIGHTER X	77 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
78 CHEST, SHOULDERS, & ARMS, AB RIPPER X	79 PLYOMETRICS	80 BACK & BICEPS, AB RIPPER X	81 YOGA X	82 LEGS & BACK, AB RIPPER X	83 FIGHTER X	84 REST OR X STRETCH
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
85 YOGA X	86 TOTAL CORE	87 KENPO X	88 X STRETCH	89 CORE SYNERGISTICS	90 YOGA X	REST OR X STRETCH ▶ TAKE "AFTER" PHOTOS AND BODY MEASUREMENTS
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	

P90X + P90X

for Xbox Fitness

DAYS 1–28

WEEK 1

DAY 1 – CHEST & BACK, AB RIPPER X

DAY 2 – POWER CARDIO

DAY 3 – SHOULDERS & ARMS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS, BACK, & CORE, AB RIPPER X

DAY 6 – KENPO X

DAY 7 – REST OR X STRETCH

WEEK 2

DAY 1 – CHEST & BACK, AB RIPPER X

DAY 2 – POWER CARDIO

DAY 3 – SHOULDERS & ARMS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS, BACK, & CORE, AB RIPPER X

DAY 6 – KENPO X

DAY 7 – REST OR X STRETCH

WEEK 3

DAY 1 – CHEST & BACK, AB RIPPER X

DAY 2 – POWER CARDIO

DAY 3 – SHOULDERS & ARMS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS, BACK, & CORE, AB RIPPER X

DAY 6 – KENPO X

DAY 7 – REST OR X STRETCH

WEEK 4

DAY 1 – YOGA X

DAY 2 – TOTAL CORE

DAY 3 – KENPO X

DAY 4 – X STRETCH

DAY 5 – CORE SYNERGISTICS

DAY 6 – YOGA X

DAY 7 – REST OR X STRETCH

▶ NOTES

P90X + P90X

for Xbox Fitness

DAYS 29–56

WEEK 5

DAY 1 – CHEST, SHOULDERS, & ARMS, AB RIPPER X

DAY 2 – PLYOMETRICS

DAY 3 – BACK & BICEPS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS & BACK, AB RIPPER X

DAY 6 – FIGHTER X

DAY 7 – REST OR X STRETCH

WEEK 6

DAY 1 – CHEST, SHOULDERS, & ARMS, AB RIPPER X

DAY 2 – PLYOMETRICS

DAY 3 – BACK & BICEPS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS & BACK, AB RIPPER X

DAY 6 – FIGHTER X

DAY 7 – REST OR X STRETCH

WEEK 7

DAY 1 – CHEST, SHOULDERS, & ARMS, AB RIPPER X

DAY 2 – PLYOMETRICS

DAY 3 – BACK & BICEPS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS & BACK, AB RIPPER X

DAY 6 – FIGHTER X

DAY 7 – REST OR X STRETCH

WEEK 8

DAY 1 – YOGA X

DAY 2 – CORE SYNERGISTICS

DAY 3 – FIGHTER X

DAY 4 – X STRETCH

DAY 5 – TOTAL CORE

DAY 6 – YOGA X

DAY 7 – REST OR X STRETCH

▶ NOTES

P90X + P90X

for Xbox Fitness

DAYS 57–90

WEEK 9

DAY 1 – CHEST & BACK, AB RIPPER X

DAY 2 – POWER CARDIO

DAY 3 – SHOULDERS & ARMS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS, BACK, & CORE, AB RIPPER X

DAY 6 – FIGHTER X

DAY 7 – REST OR X STRETCH

WEEK 10

DAY 1 – CHEST, SHOULDERS, & ARMS, AB RIPPER X

DAY 2 – PLYOMETRICS

DAY 3 – BACK & BICEPS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS & BACK, AB RIPPER X

DAY 6 – FIGHTER X

DAY 7 – REST OR X STRETCH

WEEK 11

DAY 1 – CHEST & BACK, AB RIPPER X

DAY 2 – POWER CARDIO

DAY 3 – SHOULDERS & ARMS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS, BACK, & CORE, AB RIPPER X

DAY 6 – FIGHTER X

DAY 7 – REST OR X STRETCH

WEEK 12

DAY 1 – CHEST, SHOULDERS, & ARMS, AB RIPPER X

DAY 2 – PLYOMETRICS

DAY 3 – BACK & BICEPS, AB RIPPER X

DAY 4 – YOGA X

DAY 5 – LEGS & BACK, AB RIPPER X

DAY 6 – FIGHTER X

DAY 7 – REST OR X STRETCH

WEEK 13

DAY 1 – YOGA X

DAY 2 – TOTAL CORE

DAY 3 – KENPO X

DAY 4 – X STRETCH

DAY 5 – CORE SYNERGISTICS

DAY 6 – YOGA X

DAY 7 – REST OR X STRETCH

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▶ NOTES

P90X for Xbox Fitness + P90X3

BEFORE YOU START:
TAKE "BEFORE" PHOTOS
AND BODY MEASUREMENTS.

EXCLUSIVE

HYBRID: WEEKS 1-4

▶ START 1 TOTAL CORE	2 AGILITY X	3 X3 YOGA	4 THE CHALLENGE	5 POWER CARDIO	6 THE WARRIOR	7 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
8 TOTAL CORE	9 AGILITY X	10 X3 YOGA	11 THE CHALLENGE	12 POWER CARDIO	13 THE WARRIOR	14 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
15 TOTAL CORE	16 AGILITY X	17 X3 YOGA	18 THE CHALLENGE	19 POWER CARDIO	20 THE WARRIOR	21 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
22 ISOMETRIX	23 DYNAMIX	24 ACCELERATOR	25 PILATES X	26 CVX	27 X3 YOGA	28 REST OR DYNAMIX
TRANSITION WEEK						▶ TAKE PHOTOS AND BODY MEASUREMENTS
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐

▶ NOTES

P90X for Xbox Fitness + P90X3

BEFORE YOU START:
TAKE DAY 30 PHOTOS
AND BODY MEASUREMENTS.

EXCLUSIVE

HYBRID: WEEKS 5-8

29 CHEST, SHOULDERS, AND ARMS	30 TRIOMETRICS	31 X3 YOGA	32 LEGS, BACK, AND CORE	33 INCINERATOR	34 MMX	35 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
36 CHEST, SHOULDERS, AND ARMS	37 TRIOMETRICS	38 X3 YOGA	39 LEGS, BACK, AND CORE	40 INCINERATOR	41 MMX	42 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
43 CHEST, SHOULDERS, AND ARMS	44 TRIOMETRICS	45 X3 YOGA	46 LEGS, BACK, AND CORE	47 INCINERATOR	48 MMX	49 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
50 ISOMETRIX	51 DYNAMIX	52 FIGHTER X	53 PILATES X	54 CVX	55 X3 YOGA	56 REST OR DYNAMIX
TRANSITION WEEK						▶ TAKE PHOTOS AND BODY MEASUREMENTS
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐

▶ NOTES

P90X for Xbox Fitness + P90X3

BEFORE YOU START:
TAKE DAY 60 PHOTOS
AND BODY MEASUREMENTS.

EXCLUSIVE

HYBRID: WEEKS 9-13

57 DECELERATOR	58 AGILITY X	59 THE CHALLENGE or COMPLEX UPPER	60 X3 YOGA	61 POWER CARDIO	62 TOTAL SYNERGISTICS or COMPLEX LOWER	63 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
64 TOTAL CORE	65 FIGHTER X	66 ECCENTRIC UPPER	67 POWER CARDIO	68 PILATES X	69 ECCENTRIC LOWER	70 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
71 DECELERATOR	72 AGILITY X	73 THE CHALLENGE or COMPLEX UPPER	74 X3 YOGA	75 POWER CARDIO	76 TOTAL SYNERGISTICS or COMPLEX LOWER	77 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
78 TOTAL CORE	79 FIGHTER X	80 ECCENTRIC UPPER	81 POWER CARDIO	82 PILATES X	83 ECCENTRIC LOWER	84 REST OR DYNAMIX
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐
85 ISOMETRIX	86 TOTAL CORE	87 PILATES X	88 X3 YOGA	89 DYNAMIX	90 FIGHTER X	▶ TAKE "AFTER" PHOTOS AND BODY MEASUREMENTS
VICTORY WEEK						
DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	DIET Y☐ N☐	

P90X + P90X3 for Xbox Fitness

DAYS 1–28

WEEK 1
DAY 1 – TOTAL CORE
DAY 2 – AGILITY X
DAY 3 – X3 YOGA
DAY 4 – THE CHALLENGE
DAY 5 – POWER CARDIO
DAY 6 – THE WARRIOR
DAY 7 – REST OR DYNAMIX

WEEK 2
DAY 1 – TOTAL CORE
DAY 2 – AGILITY X
DAY 3 – X3 YOGA
DAY 4 – THE CHALLENGE
DAY 5 – POWER CARDIO
DAY 6 – THE WARRIOR
DAY 7 – REST OR DYNAMIX

WEEK 3
DAY 1 – TOTAL CORE
DAY 2 – AGILITY X
DAY 3 – X3 YOGA
DAY 4 – THE CHALLENGE
DAY 5 – POWER CARDIO
DAY 6 – THE WARRIOR
DAY 7 – REST OR DYNAMIX

WEEK 4 - TRANSITION
DAY 1 – ISOMETRIX
DAY 2 – DYNAMIX
DAY 3 – ACCELERATOR
DAY 4 – PILATES X
DAY 5 – CVX
DAY 6 – X3 YOGA
DAY 7 – REST OR DYNAMIX

▶ NOTES

P90X + P90X3 for Xbox Fitness

DAYS 29–56

WEEK 5
DAY 1 – CHEST, SHOULDERS, AND ARMS
DAY 2 – TRIOMETRICS
DAY 3 – X3 YOGA
DAY 4 – LEGS, BACK, AND CORE
DAY 5 – INCINERATOR
DAY 6 – MMX
DAY 7 – REST OR DYNAMIX

WEEK 6
DAY 1 – CHEST, SHOULDERS, AND ARMS
DAY 2 – TRIOMETRICS
DAY 3 – X3 YOGA
DAY 4 – LEGS, BACK, AND CORE
DAY 5 – INCINERATOR
DAY 6 – MMX
DAY 7 – REST OR DYNAMIX

WEEK 7
DAY 1 – CHEST, SHOULDERS, AND ARMS
DAY 2 – TRIOMETRICS
DAY 3 – X3 YOGA
DAY 4 – LEGS, BACK, AND CORE
DAY 5 – INCINERATOR
DAY 6 – MMX
DAY 7 – REST OR DYNAMIX

WEEK 8 - TRANSITION
DAY 1 – ISOMETRIX
DAY 2 – DYNAMIX
DAY 3 – FIGHTER X
DAY 4 – PILATES X
DAY 5 – CVX
DAY 6 – X3 YOGA
DAY 7 – REST OR DYNAMIX

▶ NOTES

P90X + P90X3 for Xbox Fitness

DAYS 57–90

WEEK 9
DAY 1 – DECELERATOR
DAY 2 – AGILITY X
DAY 3 – THE CHALLENGE OR COMPLEX UPPER
DAY 4 – X3 YOGA
DAY 5 – POWER CARDIO
DAY 6 – TOTAL SYNERGISTICS OR COMPLEX LOWER
DAY 7 – REST OR DYNAMIX

WEEK 10
DAY 1 – TOTAL CORE
DAY 2 – FIGHTER X
DAY 3 – ECCENTRIC UPPER
DAY 4 – POWER CARDIO
DAY 5 – PILATES X
DAY 6 – ECCENTRIC LOWER
DAY 7 – REST OR DYNAMIX

WEEK 11
DAY 1 – DECELERATOR
DAY 2 – AGILITY X
DAY 3 – THE CHALLENGE OR COMPLEX UPPER
DAY 4 – X3 YOGA
DAY 5 – POWER CARDIO
DAY 6 – TOTAL SYNERGISTICS OR COMPLEX LOWER
DAY 7 – REST OR DYNAMIX

WEEK 12
DAY 1 – TOTAL CORE
DAY 2 – FIGHTER X
DAY 3 – ECCENTRIC UPPER
DAY 4 – POWER CARDIO
DAY 5 – PILATES X
DAY 6 – ECCENTRIC LOWER
DAY 7 – REST OR DYNAMIX

WEEK 13 - VICTORY WEEK
DAY 1 – ISOMETRIX
DAY 2 – TOTAL CORE
DAY 3 – PILATES X
DAY 4 – X3 YOGA
DAY 5 – DYNAMIX
DAY 6 – FIGHTER X
DAY 7 – TAKE "AFTER" PHOTOS AND BODY MEASUREMENTS

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▶ NOTES