

▶ PHASE 1

CLASSIC

WEEKS 1, 2, 3

1. Chest & Back, Ab Ripper X
2. Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

DOUBLES

WEEKS 1, 2, 3

1. Chest & Back, Ab Ripper X
2. Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

LEAN

WEEKS 1, 2, 3

1. Core Synergistics
2. Cardio X
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 4

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 4

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

LEAN (Recovery Week)

WEEK 4

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Cardio X
- Yoga X
- Rest or X Stretch



Days 1-28



CONTINUE TO BUILD ON YOUR SUCCESS AND LOG ONTO Beachbody.com FOR SUPPORT

PHASE 2

CLASSIC

WEEKS 5, 6, 7

1. Chest, Shoulders & Triceps, Ab Ripper X
2. Plyometrics
3. Back & Biceps, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

DOUBLES

WEEKS 5, 6, 7

1. AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
2. Plyometrics
3. AM Cardio X; PM Back & Biceps, Ab Ripper X
4. Yoga X
5. AM Cardio X; PM Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

LEAN

WEEKS 5, 6, 7

1. Core Synergistics
2. Cardio X
3. Chest, Shoulders & Triceps, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 8

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 8

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

LEAN (Recovery Week)

WEEK 8

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Cardio X
- Yoga X
- Rest or X Stretch



PHASE 3

CLASSIC

WEEKS 9, 11

1. Chest & Back, Ab Ripper X
2. Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

WEEKS 10, 12

- Chest, Shoulders & Triceps, Ab Ripper X
Plyometrics
Back & Biceps, Ab Ripper X
Yoga X
Legs & Back, Ab Ripper X
Kenpo X
Rest or X Stretch

DOUBLES

WEEKS 9, 11

1. AM Cardio X; PM Chest & Back, Ab Ripper X
2. AM Cardio X; PM Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. AM Cardio X; PM Yoga X
5. AM Cardio X; PM Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

WEEKS 10, 12

- AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
AM Cardio X; PM Plyometrics
Back & Biceps, Ab Ripper X
AM Cardio X; PM Yoga X
AM Cardio X; PM Legs & Back, Ab Ripper X
Kenpo X
Rest or X Stretch

LEAN

WEEKS 9, 11

1. Chest & Back, Ab Ripper X
2. Cardio X
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Core Synergistics
6. Kenpo X
7. Rest or X Stretch

WEEKS 10, 12

- Chest, Shoulders & Triceps, Ab Ripper X
Cardio X
Back & Biceps, Ab Ripper X
Yoga X
Core Synergistics
Kenpo X
Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 13

1. Yoga X
2. Core Synergistics
3. Kenpo X
4. X Stretch
5. Core Synergistics
6. Yoga X
7. Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 13

- Yoga X
Core Synergistics
Kenpo X
X Stretch
Core Synergistics
Yoga X
Rest or X Stretch

LEAN (Recovery Week)

WEEK 13

- Yoga X
Core Synergistics
Kenpo X
X Stretch
Cardio X
Yoga X
Rest or X Stretch

Days 57-90

P90X™

ACCELERATED PROGRESS

▶ TAKE "BEFORE" PHOTO!

PHASE 1

START

DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 1	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 2	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 3	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 4	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 5	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 6	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 7
DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 8	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 9	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 10	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 11	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 12	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 13	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 14
DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 15	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 16	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 17	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 18	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 19	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 20	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 21
DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 22	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 23	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 24	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 25	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 26	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 27	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 28 MEASURE BODY FAT %

NOTES

DECIDE



CONTINUE TO BUILD ON YOUR SUCCESS AND LOG ONTO Beachbody.com FOR SUPPORT

PHASE 2

DIET Y N 29 DIET Y N 30 DIET Y N 31 DIET Y N 32 DIET Y N 33 DIET Y N 34 DIET Y N 35

DIET Y N 36 DIET Y N 37 DIET Y N 38 DIET Y N 39 DIET Y N 40 DIET Y N 41 DIET Y N 42

DIET Y N 43 DIET Y N 44 DIET Y N 45 DIET Y N 46 DIET Y N 47 DIET Y N 48 DIET Y N 49

DIET Y N 50 DIET Y N 51 DIET Y N 52 DIET Y N 53 DIET Y N 54 DIET Y N 55 DIET Y N 56

MEASURE
BODY FAT %

NOTES

COMMIT

PHASE 3

DIET Y N 57 DIET Y N 58 DIET Y N 59 DIET Y N 60 DIET Y N 61 DIET Y N 62 DIET Y N 63

DIET Y N 64 DIET Y N 65 DIET Y N 66 DIET Y N 67 DIET Y N 68 DIET Y N 69 DIET Y N 70

DIET Y N 71 DIET Y N 72 DIET Y N 73 DIET Y N 74 DIET Y N 75 DIET Y N 76 DIET Y N 77

DIET Y N 78 DIET Y N 79 DIET Y N 80 DIET Y N 81 DIET Y N 82 DIET Y N 83 DIET Y N 84

DIET Y N 85 DIET Y N 86 DIET Y N 87 DIET Y N 88 DIET Y N 89 DIET Y N 90

MEASURE
BODY FAT %

**TAKE
"AFTER"
PHOTO!**

SUCCEEDED

