

Lean P90X

PHASE 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Synergistics	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
Core Synergistics	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
Core Synergistics	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X	Rest or X-Stretch

PHASE 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Synergistics	Cardio X	Chest, Shoulders & Tirceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
Core Synergistics	Cardio X	Chest, Shoulders & Tirceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
Core Synergistics	Cardio X	Chest, Shoulders & Tirceps, Ab Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X	Rest or X-Stretch

Phase 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest & Back, Ab Ripper X	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
Chest, Shoulders & Tirceps, Ab Ripper X	Cardio X	Back and Biceps, Ab Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
Chest & Back, Ab Ripper X	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
Chest, Shoulders & Tirceps, Ab Ripper X	Cardio X	Back and Biceps, Ab Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X	Rest or X-Stretch