

P90X Schedule - Classic

PHASE 1	Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Week 1	Chest & Back, Ab Ripper X	Plyometrics	Shoulders & Arms, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 2	Chest & Back, Ab Ripper X	Plyometrics	Shoulders & Arms, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 3	Chest & Back, Ab Ripper X	Plyometrics	Shoulders & Arms, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 4	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	Yoga X	Rest or X-Stretch

PHASE 2	Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Week 5	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 6	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 7	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 8	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	Yoga X	Rest or X-Stretch

PHASE 3	Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Week 9	Chest & Back, Ab Ripper X	Plyometrics	Shoulders & Arms, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 10	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back & Biceps, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 11	Chest & Back, Ab Ripper X	Plyometrics	Shoulders & Arms, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 12	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back & Biceps, Ab Ripper X	Yoga X	Legs and Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 13	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	Yoga X	Rest or X-Stretch