

P90X Schedule - Double

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	AM - Cardio X PM - CST, Ab Ripper X	Plyometrics	AM - Cardio X PM - B&B, Ab Ripper X	Yoga X	AM - Cardio X PM - L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 6	AM - Cardio X PM - CST, Ab Ripper X	Plyometrics	AM - Cardio X PM - B&B, Ab Ripper X	Yoga X	AM - Cardio X PM - L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 7	AM - Cardio X PM - CST, Ab Ripper X	Plyometrics	AM - Cardio X PM - B&B, Ab Ripper X	Yoga X	AM - Cardio X PM - L&B, 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	AM - Cardio X PM - C&B, Ab Ripper X	AM - Cardio X PM - Plyometrics	Shoulders & Arms, Ab Ripper X	AM - Cardio X PM - Yoga X	AM - Cardio X PM - L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 10	AM - Cardio X PM - CST, Ab Ripper X	AM - Cardio X PM - Plyometrics	Back & Biceps, Ab Ripper X	AM - Cardio X PM - Yoga X	AM - Cardio X PM - L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 11	AM - Cardio X PM - C&B, Ab Ripper X	AM - Cardio X PM - Plyometrics	Shoulders & Arms, Ab Ripper X	AM - Cardio X PM - Yoga X	AM - Cardio X PM - L&B, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Week 12	AM - Cardio X PM - CST, Ab Ripper X	AM - Cardio X PM - Plyometrics	Back & Biceps, Ab Ripper X	AM - Cardio X PM - Yoga X	AM - Cardio X PM - L&B, 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