

P90X Schedule - Lean

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

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

| PHASE 3 | Week # | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| | 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 |