

TREK2BEFIT.COM P90X/P90X2 Hybrid

For Support & Motivation Go To:

<http://TREK2BEFIT.com>

MONTH 1

Weeks 1, 2

1. P90X Chest & Back, Ab Ripper X
2. P90X Plyometrics
3. P90X Shoulders & Arms, Ab Ripper X
4. Yoga X
5. P90X Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

Weeks 3, 4

1. P90X Chest, Shoulders, & Triceps, Ab Ripper X
2. P90X Plyometrics
3. P90X Back & Biceps, Ab Ripper X
4. Yoga X
5. P90X Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

MONTH 2

Weeks 5, 6

1. P90X2 Chest + Back + Balance, X2 Ab Ripper
2. P90X2 Plyocide
3. Rest or X2 Recovery + Mobility
4. X2 Shoulders + Arms, X2 Ab Ripper
5. X2 Yoga
6. P90X2 Base + Back, X2 Ab Ripper
7. Rest or X2 Recovery + Mobility

Weeks 7, 8

1. P90X2 V Sculpt, X2 Ab Ripper
2. P90X2 Plyocide
3. Rest or X2 Recovery + Mobility
4. P90X X2 Chest + Shoulders + Tris, X2 Ab Ripper
5. X2 Yoga
6. P90X2 Base + Back, X2 Ab Ripper
7. Rest or X2 Recovery + Mobility

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MONTH 3

Week 9

1. P90X Chest & Back, Ab Ripper X
2. P90X Plyometrics
3. P90X Shoulders & Arms, Ab Ripper X
4. Yoga X
5. P90X Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

Week 10

1. P90X2 Chest + Back + Balance, X2 Ab Ripper
2. P90X2 Plyocide
3. Rest or X2 Recovery + Mobility
4. X2 Shoulders + Arms, X2 Ab Ripper
5. X2 Yoga
6. P90X2 Base + Back, X2 Ab Ripper
7. Rest or X2 Recovery + Mobility

Week 11

1. P90X Chest, Shoulders, & Triceps, Ab Ripper X
2. P90X Plyometrics
3. P90X Back & Biceps, Ab Ripper X
4. Yoga X
5. P90X Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

Week 12

1. P90X2 V Sculpt, X2 Ab Ripper
2. P90X2 Plyocide
3. Rest or X2 Recovery + Mobility
4. P90X X2 Chest + Shoulders + Tris, X2 Ab Ripper
5. X2 Yoga
6. P90X2 Base + Back, X2 Ab Ripper
7. Rest or X2 Recovery + Mobility

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RECOVERY DAY/WEEK OPTIONS

Add in recovery days or up to a week as needed. As a general rule of thumb, give yourself some recovery time every 3 to 6 weeks.

Standard P90X Recovery Week

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

Standard P90X2 Recovery Week

1. X2 Recovery + Mobility
2. X2 Yoga
3. X2 Recovery + Mobility
4. X2 Yoga
5. X2 Recovery + Mobility
6. X2 Yoga
7. Rest or X2 Recovery + Mobility

Other Notes

To switch things up, you can replace Plyometrics with Plyocide, Yoga X with X2 Yoga, and Ab Ripper X with X2 Ab Ripper as needed (or vice versa).

Also, if Kenpo X is too easy, then you may replace it with another cardio workout to help step things up if needed (Pure Cardio from Insanity for example).

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