

P90X - Classic

Enter Start Date: **January 1, 2018**

End Date: **March 25, 2018**

Blk/Wk	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Training Block 1	Jan-1 Chest & Back Ab Ripper X (Take "before" photo) Day 1	Jan-2 Plyometrics Day 2	Jan-3 Shoulders & Arms Ab Ripper X Day 3	Jan-4 Yoga X Day 4	Jan-5 Legs & Back Ab Ripper X Day 5	Jan-6 Kenpo X Day 6	Jan-7 Rest or X Stretch Day 7
	Jan-8 Chest & Back Ab Ripper X Day 8	Jan-9 Plyometrics Day 9	Jan-10 Shoulders & Arms Ab Ripper X Day 10	Jan-11 Yoga X Day 11	Jan-12 Legs & Back Ab Ripper X Day 12	Jan-13 Kenpo X Day 13	Jan-14 Rest or X Stretch Day 14
	Jan-15 Chest & Back Ab Ripper X Day 15	Jan-16 Plyometrics Day 16	Jan-17 Shoulders & Arms Ab Ripper X Day 17	Jan-18 Yoga X Day 18	Jan-19 Legs & Back Ab Ripper X Day 19	Jan-20 Kenpo X Day 20	Jan-21 Rest or X Stretch Day 21
	Jan-22 Yoga X Day 22	Jan-23 Core Synergistics Day 23	Jan-24 Kenpo X Day 24	Jan-25 X Stretch Day 25	Jan-26 Core Synergistics Day 26	Jan-27 Yoga X Day 27	Jan-28 Rest or X Stretch (Take Phase 1 photo) Day 28
Training Block 2	Jan-29 Chest/Shoulder/Tri Ab Ripper X Day 29	Jan-30 Plyometrics Day 30	Jan-31 Back & Biceps Ab Ripper X Day 31	Feb-1 Yoga X Day 32	Feb-2 Legs & Back Ab Ripper X Day 33	Feb-3 KenpoX Day 34	Feb-4 Rest or X Stretch Day 35
	Feb-5 Chest/Shoulder/Tri Ab Ripper X Day 36	Feb-6 Plyometrics Day 37	Feb-7 Back & Biceps Ab Ripper X Day 38	Feb-8 Yoga X Day 39	Feb-9 Legs & Back Ab Ripper X Day 40	Feb-10 KenpoX Day 41	Feb-11 Rest or X Stretch Day 42
	Feb-12 Chest/Shoulder/Tri Ab Ripper X Day 43	Feb-13 Plyometrics Day 44	Feb-14 Back & Biceps Ab Ripper X Day 45	Feb-15 Yoga X Day 46	Feb-16 Legs & Back Ab Ripper X Day 47	Feb-17 KenpoX Day 48	Feb-18 Rest or X Stretch Day 49
	Feb-19 Yoga X Day 50	Feb-20 Core Synergistics Day 51	Feb-21 Kenpo X Day 52	Feb-22 X Stretch Day 53	Feb-23 Core Synergistics Day 54	Feb-24 Yoga X Day 55	Feb-25 Rest or X Stretch (Take Phase 2 photo) Day 56
Training Block 3	Feb-26 Chest & Back Ab Ripper X Day 57	Feb-27 Plyometrics Day 58	Feb-28 Shoulders & Arms Ab Ripper X Day 59	Mar-1 Yoga X Day 60	Mar-2 Legs & Back Ab Ripper X Day 61	Mar-3 Kenpo X Day 62	Mar-4 Rest or X Stretch Day 63
	Mar-5 Chest/Shoulder/Tri Ab Ripper X Day 64	Mar-6 Plyometrics Day 65	Mar-7 Back & Biceps Ab Ripper X Day 66	Mar-8 Yoga X Day 67	Mar-9 Legs & Back Ab Ripper X Day 68	Mar-10 Kenpo X Day 69	Mar-11 Rest or X Stretch Day 70
	Mar-12 Chest & Back Ab Ripper X Day 71	Mar-13 Plyometrics Day 72	Mar-14 Shoulders & Arms Ab Ripper X Day 73	Mar-15 Yoga X Day 74	Mar-16 Legs & Back Ab Ripper X Day 75	Mar-17 Kenpo X Day 76	Mar-18 Rest or X Stretch Day 77
	Mar-19 Chest/Shoulder/Tri Ab Ripper X Day 78	Mar-20 Plyometrics Day 79	Mar-21 Back & Biceps Ab Ripper X Day 80	Mar-22 Yoga X Day 81	Mar-23 Legs & Back Ab Ripper X Day 82	Mar-24 Kenpo X Day 83	Mar-25 Rest or X Stretch Day 84
Recovery	Mar-26 Yoga X Day 85	Mar-27 Core Synergistics Day 86	Mar-28 Kenpo X Day 87	Mar-29 X Stretch Day 88	Mar-30 Core Synergistics Day 89	Mar-31 Yoga X Day 90	Apr-1 DONE!! Congratulations You did it! (Take "after" photo) Day 91