

P90X Calendar - Lean Phase

PHASE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Core Synergistics	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Core Synergistics	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Core Synergistics	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Legs and Back, AB Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X	Rest or X-Stretch

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

Phase 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Chest & Back, Ab Ripper X	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Triceps, Ab Ripper X	Cardio X	Back and Biceps, Ab Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
	Chest & Back, Ab Ripper X	Cardio X	Shoulder & Arms, AB Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Triceps, Ab Ripper X	Cardio X	Back and Biceps, Ab Ripper X	Yoga X	Core Synergistics	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X	Rest or X-Stretch