

P90X®

THE MASS SCHEDULE

 **HOW DO I GET FIT.COM**

WEEK	FAILURE @	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	8-10 REPS	CHEST, SHOULDERS & TRICEPS	CARDIO X + ARX	LEGS & BACK	X STRETCH + ARX	BACK & BICEPS	YOGA X	REST DAY
2	8-10 REPS	CHEST, SHOULDERS & TRICEPS	CARDIO X + ARX	LEGS & BACK	X STRETCH + ARX	BACK & BICEPS	YOGA X	REST DAY
3	8-10 REPS	CHEST, SHOULDERS & TRICEPS	CARDIO X + ARX	LEGS & BACK	X STRETCH + ARX	BACK & BICEPS	YOGA X	REST DAY
4	8-10 REPS	CHEST & BACK	CARDIO X + ARX	SHOULDERS & ARMS	X STRETCH + ARX	LEGS & BACK	YOGA X	REST DAY
5	8-10 REPS	CHEST & BACK	CARDIO X + ARX	SHOULDERS & ARMS	X STRETCH + ARX	LEGS & BACK	YOGA X	REST DAY
6	8-10 REPS	CHEST & BACK	CARDIO X + ARX	SHOULDERS & ARMS	X STRETCH + ARX	LEGS & BACK	YOGA X	REST DAY
7	-----	X STRETCH	YOGA X	CORE SYNERGISTICS	KENPO X / KENPO +	YOGA X	X STRETCH	REST DAY
8	6-10 REPS	CHEST, SHOULDERS & TRICEPS	CARDIO X + ARX	LEGS & BACK	X STRETCH + ARX	BACK & BICEPS	YOGA X	REST DAY
9	6-10 REPS	CHEST & BACK	CARDIO X + ARX	SHOULDERS & ARMS	X STRETCH + ARX	LEGS & BACK	YOGA X	REST DAY
10	4-8 REPS	CHEST, SHOULDERS & TRICEPS	CARDIO X + ARX	LEGS & BACK	X STRETCH + ARX	BACK & BICEPS	YOGA X	REST DAY
11	4-8 REPS	CHEST & BACK	CARDIO X + ARX	SHOULDERS & ARMS	X STRETCH + ARX	LEGS & BACK	YOGA X	REST DAY
12	4-6 REPS	CHEST & BACK	CARDIO X + ARX	SHOULDERS & ARMS	X STRETCH + ARX	LEGS & BACK	YOGA X	REST DAY