

P90X LEAN

TRAINING BLOCK 1

Week 1	DAY 1 CORE SYNERGISTICS	DAY 2 CARDIO X	DAY 3 SHOULDER/ARMS AB RIPPER X	DAY 4 YOGA X	DAY 5 LEGS & BACK AB RIPPER X	DAY 6 KENPO X	DAY 7 REST DAY OR X STRECH	Adaptive & Mastery Phase
Week 2	DAY 1 CORE SYNERGISTICS	DAY 2 CARDIO X	DAY 3 SHOULDER/ARMS AB RIPPER X	DAY 4 YOGA X	DAY 5 LEGS & BACK AB RIPPER X	DAY 6 KENPO X	DAY 7 REST DAY OR X STRECH	
Week 3	DAY 1 CORE SYNERGISTICS	DAY 2 CARDIO X	DAY 3 SHOULDER/ARMS AB RIPPER X	DAY 4 YOGA X	DAY 5 LEGS & BACK AB RIPPER X	DAY 6 KENPO X	DAY 7 REST DAY OR X STRECH	
Week 4	DAY 1 YOGA X	DAY 2 CORE SYNERGISTICS	DAY 3 KENPO X	DAY 4 X STRECH	DAY 5 CORE SYNERGISTICS	DAY 6 YOGA X	DAY 7 REST DAY OR X STRECH	

TRAINING BLOCK 2

Week 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Adaptive & Mastery Phase
	CORE SYNERGISTICS	CARDIO X	CHST SHLDR TRICEP & AB RIPPER X	YOGA X	LEGS & BACK AB RIPPER X	KENPO X	REST DAY OR X STRECH	
Week 6	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
	CORE SYNERGISTICS	CARDIO X	CHST SHLDR TRICEP & AB RIPPER X	YOGA X	LEGS & BACK AB RIPPER X	KENPO X	REST DAY OR X STRECH	
Week 7	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
	CORE SYNERGISTICS	CARDIO X	CHST SHLDR TRICEP & AB RIPPER X	YOGA X	LEGS & BACK AB RIPPER X	KENPO X	REST DAY OR X STRECH	
Week 8	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Recovery
	YOGA X	CORE SYNERGISTICS	KENPO X	X STRECH	CARDIO X	YOGA X	REST DAY OR X STRECH	

TRAINING BLOCK 3

Week 9	DAY 1 CHEST & BACK AB RIPPER X	DAY 2 CARDIO X	DAY 3 SHOULDER/ARMS AB RIPPER X	DAY 4 YOGA X	DAY 5 CORE SYNERGISTICS	DAY 6 KENPO X	DAY 7 REST DAY OR X STRECH	Adaptive & Mastery Phase
Week 10	DAY 1 CHST SHLDR TRICEP & AB RIPPER X	DAY 2 CARDIO X	DAY 3 BACK & BICEPS AB RIPPER X	DAY 4 YOGA X	DAY 5 CORE SYNERGISTICS	DAY 6 KENPO X	DAY 7 REST DAY OR X STRECH	
Week 11	DAY 1 CHEST & BACK AB RIPPER X	DAY 2 CARDIO X	DAY 3 SHOULDER/ARMS AB RIPPER X	DAY 4 YOGA X	DAY 5 CORE SYNERGISTICS	DAY 6 KENPO X	DAY 7 REST DAY OR X STRECH	
Week 12	DAY 1 CHST SHLDR TRICEP & AB RIPPER X	DAY 2 CARDIO X	DAY 3 BACK & BICEPS AB RIPPER X	DAY 4 YOGA X	DAY 5 CORE SYNERGISTICS	DAY 6 KENPO X	DAY 7 REST DAY OR X STRECH	
Week 13	DAY 1 YOGA X	DAY 2 CORE SYNERGISTICS	DAY 3 KENPO X	DAY 4 X STRECH	DAY 5 CARDIO X	DAY 6 YOGA X	DAY 7 REST DAY OR X STRECH	Recovery