

P90X - P90X+ - Tony Horton One on One "Tribid"

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

PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Chest, Shoulders & Tirceps, Ab Ripper X	Interval X Plus	Back and Biceps, Ab Ripper X	Fountain of Youth Yoga	Legs and Back, AB Ripper X	Kenpo Cardio Plus	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Interval X Plus	Back and Biceps, Ab Ripper X	Fountain of Youth Yoga	Legs and Back, AB Ripper X	Kenpo Cardio Plus	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Interval X Plus	Back and Biceps, Ab Ripper X	Fountain of Youth Yoga	Legs and Back, AB Ripper X	Kenpo Cardio Plus	Rest or X-Stretch
	Fountain of Youth Yoga	Core Synergistics	Kenpo Cardio Plus	X Stretch	Core Synergistics	Fountain of Youth Yoga	Rest or X-Stretch

Phase 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Chest & Back, Ab Ripper X	Interval X Plus	Shoulder & Arms, AB Ripper X	Fountain of Youth Yoga	Legs and Back, AB Ripper X	Kenpo Cardio Plus	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Interval X Plus	Back and Biceps, Ab Ripper X	Fountain of Youth Yoga	Legs and Back, AB Ripper X	Kenpo Cardio Plus	Rest or X-Stretch
	Chest & Back, Ab Ripper X	Interval X Plus	Shoulder & Arms, AB Ripper X	Fountain of Youth Yoga	Legs and Back, AB Ripper X	Kenpo Cardio Plus	Rest or X-Stretch
	Chest, Shoulders & Tirceps, Ab Ripper X	Interval X Plus	Back and Biceps, Ab Ripper X	Fountain of Youth Yoga	Legs and Back, AB Ripper X	Kenpo Cardio Plus	Rest or X-Stretch
	Fountain of Youth Yoga	Core Synergistics	Kenpo Cardio Plus	X Stretch	Core Synergistics	Fountain of Youth Yoga	Rest or X-Stretch