

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 & Triceps, 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 & Triceps, 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 & Triceps, 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 & Triceps, 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 & Triceps, 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