

P90x Classic, P90x Doubles, P90x Lean Routine

Weeks 1-8

	P90x Classic	P90x Doubles	P90x Lean
Weeks 1-3			
Day 1	Chest & Back, Ab Ripper X	Chest & Back, Ab Ripper X	Core Synergistics
2	Plyometrics	Plyometrics	Cardio X
3	Shoulders & Arms, Ab Ripper X	Shoulders & Arms, Ab Ripper X	Shoulders & Arms, Ab Ripper X
4	Yoga X	Yoga X	Yoga X
5	Legs & Back, Ab Ripper X	Legs & Back, Ab Ripper X	Legs & Back, Ab Ripper X
6	Kenpo X	Kenpo X	Kenpo X
7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch
Week 4			
Day 1	Yoga X	Yoga X	Yoga X
2	Core Synergistics	Core Synergistics	Core Synergistics
3	Kenpo X	Kenpo X	Kenpo X
4	X Stretch	X Stretch	X Stretch
5	Core Synergistics	Core Synergistics	Cardio X
6	Yoga X	Yoga X	Yoga X
7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch
Weeks 5-7			
Day 1	Chest, Shoulders & Triceps, Ab Ripper X	[AM] Cardio X; [PM] Chest, Shoulders & Triceps, Ab Ripper X	Core Synergistics
2	Plyometrics	Plyometrics	Cardio X
3	Back & Biceps, Ab Ripper X	[AM] Cardio X; [PM] Back & Biceps, Ab Ripper X	Chest, Shoulders & Triceps, Ab Ripper X
4	Yoga X	Yoga X	Yoga X
5	Legs & Back, Ab Ripper X	[AM] Cardio X; [PM] Legs & Back, Ab Ripper X	Legs & Back, Ab Ripper X
6	Kenpo X	Kenpo X	Kenpo X
7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch
Week 8			
Day 1	Yoga X	Yoga X	Yoga X
2	Core Synergistics	Core Synergistics	Core Synergistics
3	Kenpo X	Kenpo X	Kenpo X
4	X Stretch	X Stretch	X Stretch
5	Core Synergistics	Core Synergistics	Cardio X
6	Yoga X	Yoga X	Yoga X
7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch