

P90X / INSANITY HYBRID WORKOUT SHCHEDULE

* = MEASURE & WEIGH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	DAY 1 CHEST & BACK / ARX	DAY 2 PLYOMETRIC CARDIO CIRCUIT	DAY 3 SHOULDERS & ARMS / ARX	DAY 4 YOGA X	DAY 5 LEGS & BACK / ARX	DAY 6 CARDIO POWER & RESISTANCE	DAY 7 REST OR XSTRETCH
WEEK 2	DAY 8 CHEST & BACK / ARX	DAY 9 PLYOMETRIC CARDIO CIRCUIT	DAY 10 SHOULDERS & ARMS / ARX	DAY 11 YOGA X	DAY 12 LEGS & BACK / ARX	DAY 13 CARDIO POWER & RESISTANCE	DAY 14 REST OR XSTRETCH
WEEK 3	DAY 15 CHEST & BACK / ARX	DAY 16 PLYOMETRIC CARDIO CIRCUIT	DAY 17 SHOULDERS & ARMS / ARX	DAY 18 YOGA X	DAY 19 LEGS & BACK / ARX	DAY 20 CARDIO POWER & RESISTANCE	DAY 21 REST OR XSTRETCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4	DAY 22 CORE CARDIO & BALANCE	DAY 23 CARDIO & MAX RECOVERY	DAY 24 YOGA X	DAY 25 PURE CARDIO & ABS	DAY 26 CORE SYNERGISTICS	DAY 27 CARDIO X OR KEMPO X	DAY 28 REST OR XSTRETCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	DAY 29 BACK & BICEPS / ARX	DAY 30* PLYOMETRIC CARDIO CIRCUIT	DAY 31 CHEST, SHOULDERS, ARMS / ARX	DAY 32 YOGA X	DAY 33 LEGS & BACK / ARX	DAY 34 CARDIO POWER & RESISTANCE	DAY 35 REST OR XSTRETCH
WEEK 6	DAY 36 BACK & BICEPS / ARX	DAY 37 PLYOMETRIC CARDIO CIRCUIT	DAY 38 CHEST, SHOULDERS, ARMS / ARX	DAY 39 YOGA X	DAY 40 LEGS & BACK / ARX	DAY 41 CARDIO POWER & RESISTANCE	DAY 42 REST OR XSTRETCH
WEEK 7	DAY 43 BACK & BICEPS / ARX	DAY 44 PLYOMETRIC CARDIO CIRCUIT	DAY 45 CHEST, SHOULDERS, ARMS / ARX	DAY 46 YOGA X	DAY 47 LEGS & BACK / ARX	DAY 48 CARDIO POWER & RESISTANCE	DAY 49 REST OR XSTRETCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 8	DAY 50 CORE CARDIO & BALANCE	DAY 51 CARDIO & MAX RECOVERY	DAY 50 YOGA X	DAY 51 PURE CARDIO & ABS	DAY 52 CORE SYNERGISTICS	DAY 53 CARDIO & MAX RECOVERY	DAY 54 REST OR XSTRETCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	DAY 55 CHEST & BACK / CARDIO ABS	DAY 56 MAX INTERVAL PLYOMETRICS	DAY 57 SHOULDERS & ARMS / CARDIO ABS	DAY 58 YOGA X	DAY 59 MAX INTERVAL CIRCUIT	DAY 60* MAX CARDIO CONDITIONING & ABS	DAY 61 REST OR XSTRETCH
WEEK 10	DAY 62 CHEST & BACK / CARDIO ABS	DAY 63 MAX INTERVAL PLYOMETRICS	DAY 64 SHOULDERS & ARMS / CARDIO ABS	DAY 65 YOGA X	DAY 66 MAX INTERVAL CIRCUIT	DAY 67 MAX CARDIO CONDITIONING & ABS	DAY 68 REST OR XSTRETCH
WEEK 11	DAY 69 CHEST & BACK / CARDIO ABS	DAY 70 MAX INTERVAL PLYOMETRICS	DAY 71 SHOULDERS & ARMS / CARDIO ABS	DAY 72 YOGA X	DAY 73 MAX INTERVAL CIRCUIT	DAY 74 MAX CARDIO CONDITIONING & ABS	DAY 75 REST OR XSTRETCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 12	DAY 76 BACK & BICEP / ARX	DAY 77 MAX INTERVAL PLYOMETRICS	DAY 78 CHEST, SHOULDERS, ARMS / ARX	DAY 79 YOGA X	DAY 80 MAX INTERVAL CIRCUIT	DAY 81 MAX CARDIO CONDITIONING & ABS	DAY 82 REST OR XSTRETCH
WEEK 13	DAY 83 BACK & BICEP / ARX	DAY 84 MAX INTERVAL PLYOMETRICS	DAY 85 CHEST, SHOULDERS, ARMS / ARX	DAY 86 YOGA X	DAY 87 MAX INTERVAL CIRCUIT	DAY 88 MAX CARDIO CONDITIONING & ABS	DAY 89 REST OR XSTRETCH
WEEK 14	DAY 90* BACK & BICEP / ARX	DAY 91 MAX INTERVAL PLYOMETRICS	DAY 92 CHEST, SHOULDERS, ARMS / ARX	DAY 93 YOGA X	DAY 94 MAX INTERVAL CIRCUIT	DAY 95 MAX CARDIO CONDITIONING & ABS	DAY 96 REST OR XSTRETCH