



P90X / Insanity Hybrid

Training Block 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest and Back, Ab Ripper X	Plyo X	Shoulders and Arms, Cardio Abs	Pure Cardio	Legs and Back, Ab Ripper X	Plyo Cardio Circuit	Rest / Stretch
Chest and Back, Ab Ripper X	Plyo X	Shoulders and Arms, Cardio Abs	Pure Cardio	Legs and Back, Ab Ripper X	Plyo Cardio Circuit	Rest / Stretch
Chest and Back, Ab Ripper X	Plyo X	Shoulders and Arms, Cardio Abs	Pure Cardio	Legs and Back, Ab Ripper X	Plyo Cardio Circuit	Rest / Stretch
Yoga X	Core Synergistics	Kenpo X	Stretch	Core Synergistics	Yoga X	Rest / Stretch

Training Block 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Back and Biceps, Ab Ripper X	MAX Interval Circuit	Chest Shoulders Triceps, Cardio Abs	MAX Cardio	Upper Body Weight Training, Ab Ripper X	MAX Plyo	Rest / Stretch
Back and Biceps, Ab Ripper X	MAX Interval Circuit	Chest Shoulders Triceps, Cardio Abs	MAX Cardio	Upper Body Weight Training, Ab Ripper X	MAX Plyo	Rest / Stretch
Back and Biceps, Ab Ripper X	MAX Interval Circuit	Chest Shoulders Triceps, Cardio Abs	MAX Cardio	Upper Body Weight Training, Ab Ripper X	MAX Plyo	Rest / Stretch
Yoga X	Core Synergistics	Kenpo X	Stretch	Core Synergistics	Yoga X	Rest / Stretch

Training Block 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest and Back, Ab Ripper X	MAX Interval Circuit	Shoulders and Arms, Cardio Abs	MAX Cardio	Legs and Back, Ab Ripper X	MAX Plyo	Rest / Stretch
Back and Biceps, Ab Ripper X	MAX Interval Circuit	Chest Shoulders Triceps, Cardio Abs	MAX Cardio	Upper Body Weight Training, Ab Ripper X	MAX Plyo	Rest / Stretch
Chest and Back, Ab Ripper X	MAX Interval Circuit	Shoulders and Arms, Cardio Abs	MAX Cardio	Legs and Back, Ab Ripper X	MAX Plyo	Rest / Stretch
Back and Biceps, Ab Ripper X	MAX Interval Circuit	Chest Shoulders Triceps, Cardio Abs	MAX Cardio	Upper Body Weight Training, Ab Ripper X	MAX Plyo	Rest / Stretch
Yoga X	Core Synergistics	Kenpo X	Stretch	Core Synergistics	Yoga X	Rest / Stretch