

P90X / P90X+ Hybrid Schedule

www.team-engage.com

Phase 1

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	P90X Chest & Back: 52:50 + P90X ARX: 16:07	P90X Plyometrics: 58:36	P90X Shoulders & Arms: 59:53 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Kenpo Cardio+: 41:29	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
2	P90X+ Upper+: 41:25 + P90X+ Abs/core+: 20:07	P90X Plyometrics: 58:36	P90X Shoulders & Arms: 59:53 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Interval X+: 41:34	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
3	P90X Chest & Back: 52:50 + P90X ARX: 16:07	P90X Plyometrics: 58:36	P90X Shoulders & Arms: 59:53 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Kenpo Cardio+: 41:29	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
4	P90X Yoga X: 1:32:24	P90X Core Synergistics: 57:27	P90X Stretch: 57:32	P90X+ Kenpo Cardio+: 41:29	P90X+ Total Body+: 45:31	P90X Yoga X: 1:32:24	Rest

Phase 2

Week	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
5	P90X Chest, Shoulders, & Triceps: 55:44 + P90X ARX: 16:07	P90X+ Interval X+: 41:34	P90X Back & Biceps: 51:36 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Kenpo Cardio+: 41:29	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
6	P90X+ Upper+: 41:25 + P90X+ Abs/core+: 20:07	P90X Plyometrics: 58:36	P90X Back & Biceps: 51:36 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Kenpo Cardio+: 41:29	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 43	Day 43	Day 45	Day 46	Day 47	Day 48	Day 49
7	P90X Chest, Shoulders, & Triceps: 55:44 + P90X ARX: 16:07	P90X+ Interval X+: 41:34	P90X Back & Biceps: 51:36 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Kenpo Cardio+: 41:29	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
8	P90X Yoga X: 1:32:24	P90X Core Synergistics: 57:27	P90X Stretch: 57:32	P90X+ Kenpo Cardio+: 41:29	P90X+ Total Body+: 45:31	P90X Yoga X: 1:32:24	Rest

Phase 3

Week	Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
9	P90X Chest & Back: 52:50 + P90X ARX: 16:07	P90X Plyometrics: 58:36	P90X Shoulders & Arms: 59:53 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Kenpo Cardio+: 41:29	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
10	P90X Chest, Shoulders, & Triceps: 55:44 + P90X ARX: 16:07	P90X+ Interval X+: 41:34	P90X Back & Biceps: 51:36 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Kenpo Cardio+: 41:29	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77
11	P90X Chest & Back: 52:50 + P90X ARX: 16:07	P90X Plyometrics: 58:36	P90X Shoulders & Arms: 59:53 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Kenpo Cardio+: 41:29	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 78	Day 79	Day 80	Day 81	Day 82	Day 83	Day 84
12	P90X Chest, Shoulders, & Triceps: 55:44 + P90X ARX: 16:07	P90X+ Interval X+: 41:34	P90X Back & Biceps: 51:36 + P90X ABX: 16:07	P90X Yoga X: 1:32:24	P90X Legs & Back: 58:56 + Abs/Core: 20:00	P90X+ Kenpo Cardio+: 41:29	Rest (Optional) P90X Cardio X: 43:18 P90X X Stretch: 57:32
Week	Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	Day 91
13	P90X Yoga X: 1:32:24	P90X Core Synergistics: 57:27	P90X Stretch: 57:32	P90X+ Kenpo Cardio+: 41:29	P90X+ Total Body+: 45:31	P90X Yoga X: 1:32:24	Rest