

# THE ASYLUM

# &

# P90X

## 30 DAY CALENDAR

**EXTREMELY-FIT.COM**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Chest & Back / ARX*	Vertical Plyo / Relief	Shoulders & Arms / ARX	Yoga X	Legs & Back / Relief	Speed & Agility / ARX	Rest Day
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Back & Biceps / ARX	Vertical Plyo / Relief	Chest, Shoulders, Arms / ARX	Speed & Agility	Legs & Back / ARX	Game Day / Overtime	Rest Day
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Strength / ARX	Vertical Plyo / Relief	Shoulders & Arms / ARX	Speed & Agility	Strength	Game Day / Overtime	Rest Day
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Strength	Vertical Plyo / Relief	Back to Core	Speed & Agility	Strength	Game Day / Overtime	Yoga X
Day 29	Day 30					
Speed & Agility / Relief	Fit Test					*ARX (Ab Ripper X)

Extremely-Fit.com is an authorized Beachbody dealer, & owned and operated by Independent Beachbody Coaches. If you would like free coaching support, or if you would like to purchase a fitness program such as Insanity Asylum, Insanity, P90X etc, please visit us at our store. We also carry all of the Beachbody supplements such as Shakeology and the Recovery Formula.