

P90X⁺ WORKOUTS

MAPPING OUT YOUR NEXT 90 DAYS

Since you just finished P90X, begin with a recovery week (sample below) before embarking on your new program. We've used Monday through Sunday as a week, but you don't need to follow that schedule. What's important is the rest time between the workouts. Rest days can be used for easy aerobic work (like a hike), stretching, or a complete rest day. During your "off" days of the maintenance program, you may do anything you like.

RECOVERY WEEK SAMPLE

The aim of a recovery week is to heal muscular microtrauma and get your body ready for more intense exercise. The more intense the program you've completed, the more intense your recovery week can be. This is an example recovery week for P90X only. You should take a recovery week, or two or three, at the completion of every exercise program or cycle.

- Monday:** 30 minutes of easy aerobic work followed by X Stretch
- Tuesday:** Yoga X
- Wednesday:** Cardio X
- Thursday:** Core Synergistics
- Friday:** 30 minutes of easy aerobic work followed by X Stretch
- Saturday:** Yoga X
- Sunday:** Off

MAINTENANCE SCHEDULE

If your goal is to maintain the results you've achieved with P90X, you can do it by spending a lot less time than it took to get those results in the first place. The following is an example of how to use the P90X⁺ workouts to keep your hard-earned fitness results. You can expect to keep your fitness gains for about 8 weeks with abridged work before you'll need to ramp up the time and intensity again.

- Monday:** Upper Plus and Abs/Core Plus
- Tuesday:** Kenpo X and/or Interval X Plus (no Abs)
- Wednesday:** Upper Plus and Ab Ripper X
- Thursday:** Kenpo Cardio Plus
- Friday:** Total Body Plus
- Saturday:** Interval X Plus and Abs/Core Plus
- Sunday:** Rest

CLASSIC +

Weeks 1 through 3

- Monday:** Upper Plus and Abs/Core Plus
- Tuesday:** Interval X Plus and Abs/Core Plus
- Wednesday:** Total Body Plus
- Thursday:** Yoga X
- Friday:** Upper Plus and Abs/Core Plus
- Saturday:** Kenpo Cardio Plus
- Sunday:** Rest or X Stretch

Week 4

- Monday:** Back & Biceps and Ab Ripper X
- Tuesday:** Core Synergistics
- Wednesday:** Chest, Shoulders & Triceps
- Thursday:** Abs/Core Plus and X Stretch
- Friday:** Legs & Back
- Saturday:** Yoga X
- Sunday:** Rest or X Stretch

Weeks 5 through 7

- Monday:** Upper Plus and Abs/Core Plus
- Tuesday:** Plyometrics
- Wednesday:** Total Body Plus
- Thursday:** Yoga X
- Friday:** Upper Plus and Abs/Core Plus
- Saturday:** Kenpo Cardio Plus
- Sunday:** Rest or X Stretch

Week 8

- Monday:** Chest & Back
- Tuesday:** Core Synergistics
- Wednesday:** Shoulders & Arms
- Thursday:** Abs/Core Plus and X Stretch
- Friday:** Legs & Back
- Saturday:** Yoga X
- Sunday:** Rest or X Stretch

Weeks 9 and 11

- Monday:** Upper Plus and Abs/Core Plus
- Tuesday:** Interval X Plus and Abs/Core Plus
- Wednesday:** Total Body Plus
- Thursday:** Yoga X
- Friday:** Upper Plus and Abs/Core Plus
- Saturday:** Kenpo Cardio Plus
- Sunday:** Rest or X Stretch

Weeks 10 and 12

- Monday:** Upper Plus and Abs/Core Plus
- Tuesday:** Plyometrics
- Wednesday:** Total Body Plus
- Thursday:** Yoga X
- Friday:** Upper Plus and Abs/Core Plus
- Saturday:** Kenpo Cardio Plus
- Sunday:** Rest or X Stretch

FREE downloadable worksheets available online.

Beachbody customers visit www.Beachbody.com/P90X and Million Dollar Body Club Members go to www.MillionDollarBody.com.

LEAN +

Weeks 1 through 3

Monday: Total Body Plus
Tuesday: Interval X Plus and Abs/Core Plus
Wednesday: Kenpo Cardio Plus
Thursday: Upper Plus and Abs/Core Plus
Friday: Yoga X
Saturday: Core Synergistics
Sunday: Rest or X Stretch

Week 4

Monday: Yoga X
Tuesday: Interval X Plus and Abs/Core Plus
Wednesday: Kenpo Cardio Plus
Thursday: Total Body Plus
Friday: X Stretch
Saturday: Interval X Plus
Sunday: Rest or X Stretch

Weeks 5 through 7

Monday: Total Body Plus
Tuesday: Interval X Plus and Abs/Core Plus
Wednesday: Upper Plus and Abs Core Plus
Thursday: Yoga X
Friday: Core Synergistics
Saturday: Kenpo Cardio Plus
Sunday: Rest or X Stretch

Week 8

Monday: Yoga X
Tuesday: Interval X Plus and Abs/Core Plus
Wednesday: Kenpo Cardio Plus
Thursday: Total Body Plus
Friday: X Stretch
Saturday: Interval X Plus and Abs/Core Plus
Sunday: Rest or X Stretch

Weeks 9 and 11

Monday: Upper Plus and Abs/Core Plus
Tuesday: Core Synergistics
Wednesday: Interval X Plus and Abs/Core Plus
Thursday: Yoga X
Friday: Total Body Plus
Saturday: Kenpo Cardio Plus
Sunday: Rest or X Stretch

Weeks 10 and 12

Monday: Total Body Plus
Tuesday: Interval X Plus and Abs/Core Plus
Wednesday: Core Synergistics
Thursday: Yoga X
Friday: Upper Plus and Abs/Core Plus
Saturday: Kenpo Cardio Plus
Sunday: Rest or X Stretch

X+ DOUBLES

Weeks 1 through 3

Monday: Upper Plus and Abs/Core Plus
Tuesday: Interval X Plus and Abs/Core Plus
Wednesday: Total Body Plus
Thursday: Yoga X
Friday: Upper Plus and Abs/Core Plus
Saturday: Kenpo Cardio Plus
Sunday: Rest or X Stretch

Week 4

Monday: Interval X Plus and Abs/Core Plus
Tuesday: Core Synergistics
Wednesday: Kenpo Cardio Plus
Thursday: Total Body Plus and Ab Ripper X
Friday: X Stretch
Saturday: Yoga X
Sunday: Rest or X Stretch

Weeks 5 through 7

Monday: AM - Cardio X
PM - Total Body Plus
Tuesday: Interval X Plus and Abs/Core Plus
Wednesday: AM - Cardio X
PM - Upper Plus and Abs/Core Plus
Thursday: Yoga X
Friday: AM - Cardio X
PM - Core Synergistics
Saturday: Kenpo Cardio Plus
Sunday: Rest or X Stretch

Week 8

Monday: Yoga X
Tuesday: Interval X Plus and Abs/Core Plus
Wednesday: Kenpo Cardio Plus
Thursday: Total Body Plus
Friday: X Stretch
Saturday: Interval X Plus and Abs/Core Plus
Sunday: Rest or X Stretch

Weeks 9 and 11

Monday: AM - Cardio X
PM - Upper Plus and Abs/Core Plus
Tuesday: AM - Yoga X
PM - Core Synergistics
Wednesday: AM - X Stretch
PM - Interval X Plus and Abs/Core Plus
Thursday: Yoga X
Friday: AM - Cardio X
PM - Total Body Plus
Saturday: AM - Cardio X
PM - Kenpo Cardio Plus
Sunday: Rest or X Stretch

Weeks 10 and 12

Monday: AM - Yoga X
PM - Total Body Plus
Tuesday: AM - Cardio X
PM - Interval X Plus and Abs/Core Plus
Wednesday: AM - X Stretch
PM - Core Synergistics
Thursday: Yoga X
Friday: AM - Cardio X
PM - Upper Plus and Abs/Core Plus
Saturday: Kenpo Cardio Plus
Sunday: Rest or X Stretch

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