

## **P90X / TurboFire / Brazil Butt Lift Hybrid**

### **Week 1**

#### **Monday:**

AM TurboFire HIIT 15 / Stretch 10

PM P90X Chest, Shoulders & Triceps / Ab Ripper X

#### **Tuesday:**

AM TurboFire Fire 45 / Stretch 10

PM Brazil Butt Lift High & Tight

#### **Wednesday**

AM TurboFire HIIT 20 / Stretch 10

PM P90X Back & Biceps / Ab Ripper X

#### **Thursday**

AM TurboFire Fire 55 EZ / Stretch 10

PM Brazil Butt Lift Bum Bum

#### **Friday**

AM TurboFire HIIT 25 / Stretch 10

PM P90X Legs & Back

PM Brazil Butt Lift Tummy Tuck

#### **Saturday**

AM TurboFire Fire 45 / Stretch 10

PM TurboFire Core 20

#### **Sunday**

AM P90X Yoga X

### **Week 2**

#### **Monday:**

AM TurboFire HIIT 15 / Stretch 10

PM P90X Chest, Shoulders & Triceps / Ab Ripper X

#### **Tuesday:**

AM TurboFire Fire 45 EZ / Stretch 10

PM Brazil Butt Lift High & Tight

#### **Wednesday**

AM TurboFire HIIT 20 / Stretch 10

PM P90X Back & Biceps / Ab Ripper X

#### **Thursday**

AM TurboFire Fire 30 / Stretch 10

PM Brazil Butt Lift Bum Bum

#### **Friday**

AM TurboFire HIIT 25 / Stretch 10

PM P90X Legs & Back

PM Brazil Butt Lift Tummy Tuck

#### **Saturday**

AM TurboFire Fire 55 EZ / Stretch 10

PM TurboFire Core 20

#### **Sunday**

AM P90X Yoga X

### **Week 3-4**

#### **Monday**

AM TurboFire HIIT 25 / Stretch 10

PM TurboFire Stretch 40

#### **Tuesday**

AM P90X Core Synergistic

PM TurboFire Core 20

#### **Wednesday**

AM TurboFire HIIT 15 / Stretch 10

PM P90X Kenpo

#### **Thursday**

AM P90X Yoga X

PM TurboFire Core 20

#### **Friday**

AM P90X Core Synergistic

PM Brazil Butt Lift Tummy Tuck

#### **Saturday**

AM P90X Stretch X

PM TurboFire Core 20

#### **Sunday**

AM P90X Yoga X

### **Week 5**

#### **Monday**

AM TurboFire HIIT 15 / Stretch 10

PM P90X Chest & Back / Ab Ripper X

#### **Tuesday**

AM TurboFire Fire 45 / Stretch 10 /

PM Brazil Butt Lift High & Tight

#### **Wednesday**

AM TurboFire HIIT 20 / Stretch 10

PM P90X Shoulders & Arms / Ab Ripper X

#### **Thursday**

AM TurboFire Fire 55 EZ / Stretch 10

PM Brazil Butt Lift Bum Bum

#### **Friday**

AM TurboFire HIIT 25 / Stretch 10

PM P90X Legs & Back /

#### **Saturday**

AM TurboFire Fire 30 / Stretch 10

PM TurboFire Core 20

#### **Sunday**

AM P90X Yoga X

**Week 6****Monday**

AM TurboFire HIIT 15 / Stretch 10

PM P90X Chest & Back / Ab Ripper X

**Tuesday**

AM TurboFire Fire 55 EZ / Stretch 10

PM Brazil Butt Lift High & Tight

**Wednesday**

AM TurboFire HIIT 20 / Stretch 10

PM P90X Shoulders & Arms / Ab Ripper X

**Thursday**

AM TurboFire Fire 30 / Stretch 10

PM Brazil Butt Lift Bum Bum

**Friday**

AM TurboFire HIIT 25 / Stretch 10

PM Brazil Butt Lift Tummy Tuck

**Saturday**

AM TurboFire Fire 45 / Stretch 10

PM TurboFire Core 20

**Sunday**

AM P90X Yoga X

**Week 7-8****Monday**

AM TurboFire HIIT 15 / Stretch 10

PM P90X Chest, Shoulders & Triceps / Ab Ripper X

**Tuesday**

AM TurboFire Fire 45 EZ / Stretch 10

PM Brazil Butt Lift High & Tight

**Wednesday**

AM TurboFire HIIT 20 / Stretch 10

PM P90X Back & Biceps / Ab Ripper X

**Thursday**

Week 7-8 AM TurboFire Fire 55 EZ / Stretch 10

PM Brazil Butt Lift Bum Bum

**Friday**

AM TurboFire HIIT 25 / Stretch 10

PM P90X Legs & Back

**Saturday**

AM TurboFire Fire 45 / Stretch 10

PM TurboFire Core 20

**Sunday**

AM P90X Yoga X

**Week 9-10****Monday**

AM TurboFire HIIT 15 / Stretch 10

PM P90X Chest, Shoulders & Triceps / Ab Ripper X

**Tuesday**

AM TurboFire Fire 55 EZ / Stretch 10

PM Brazil Butt Lift High & Tight

**Wednesday**

AM TurboFire HIIT 20 / Stretch 10

PM P90X Back & Biceps / Ab Ripper X

**Thursday**

AM TurboFire Fire 45 / Stretch 10

PM Brazil Butt Lift Bum Bum

**Friday**

AM TurboFire HIIT 25 / Stretch 10

PM Brazil Butt Lift Tummy Tuck

**Saturday**

AM TurboFire Fire 30 / Stretch 10

PM TurboFire Core 20

**Sunday**

AM P90X Yoga X

**Week 11-13****Monday**

AM TurboFire HIIT 20 / Stretch 10

PM TurboFire Stretch 40

**Tuesday**

AM P90X Core Synergistic

PM TurboFire Core 20

**Wednesday**

AM TurboFire HIIT 15 / Stretch 10

PM P90X Kenpo

**Thursday**

AM P90X Yoga X

PM TurboFire Core 20

**Friday**

AM P90X Core Synergistic

PM Brazil Butt Lift Tummy Tuck

**Saturday**

AM P90X Yoga X

# P90X / Turbofire Hybrid 1

## Week 1

Monday: Chest & Back/ARX  
Tuesday: Fire 45 EZ/ Stretch 10  
Wednesday: Shoulders & Arms/ARX  
Thursday: Yoga X  
Friday: Legs & Back/ARX  
Saturday: Fire 45/Stretch 10  
Sunday: Rest

## Week 2

Monday: Chest & Back/ARX  
Tuesday: Fire 45 EZ/ Stretch 10  
Wednesday: Shoulders & Arms/ARX  
Thursday: Yoga X  
Friday: Legs & Back/ARX  
Saturday: Fire 45/Stretch 10  
Sunday: Rest

## Week 3

Monday: Chest & Back/ARX  
Tuesday: Fire 45 EZ/ Stretch 10  
Wednesday: Shoulders & Arms/ARX  
Thursday: Yoga X  
Friday: Legs & Back/ARX  
Saturday: Fire 45/Stretch 10  
Sunday: Rest

## Week 4

Monday: Cardio X/Stretch 10  
Tuesday: HIIT 15/Abs 10 (or Ab Ripper)/Stretch 10  
Wednesday: Fire 45 EZ/Stretch 10  
Thursday: Yoga X  
Friday: HIIT 20/Abs 10 (or Ab Ripper)/Stretch 10  
Saturday: Core 20/Stretch 40  
Sunday: Rest

## Week 5

Monday: Plyo X/Stretch 10  
Tuesday: HIIT 20/Abs 10 (or Ab Ripper)/Stretch 10  
Wednesday: Fire 45/Stretch 10  
Thursday: Core Synergistics  
Friday: HIIT 25/Abs 10 (or Ab Ripper)/Stretch 10  
Saturday: Fire 55EZ/Stretch 10  
Sunday: Rest

## Week 6

Monday: Plyo X/Stretch 10  
Tuesday: HIIT 20/Abs 10 (or Ab Ripper)/Stretch 10  
Wednesday: Fire 45/Stretch 10  
Thursday: Core Synergistics  
Friday: HIIT 25/Abs 10 (or Ab Ripper)/Stretch 10  
Saturday: Fire 55EZ/Stretch 10  
Sunday: Rest

## Week 7

Monday: Plyo X/Stretch 10  
Tuesday: HIIT 25/Abs 10/Stretch 10  
Wednesday: Fire 60 (or Fire 45)/Stretch 10  
Thursday: Core Synergistics  
Friday: HIIT 25/Abs 10/Stretch 10  
Saturday: Fire 55EZ/Stretch 10  
Sunday: Rest

## Week 8

Monday: Back & Biceps/ARX  
Tuesday: Fire 45 EZ/Stretch 10  
Wednesday: Chest, Shoulders, Triceps/ARX  
Thursday: Yoga X  
Friday: Legs & Back/ARX  
Saturday: Kenpo X  
Sunday: Rest

## Week 9

Monday: Back & Biceps/ARX  
Tuesday: Fire 45/Stretch 10  
Wednesday: Chest, Shoulders, Triceps/ARX  
Thursday: Yoga X  
Friday: Legs & Back/ARX  
Saturday: Fire 55 EZ/Stretch 10  
Sunday: Rest

## Week 10

Monday: Back & Biceps/ARX  
Tuesday: Fire 45/Stretch 10  
Wednesday: Chest, Shoulders, Triceps/ARX  
Thursday: Yoga X  
Friday: Legs & Back/ARX  
Saturday: Fire 55 EZ/Stretch 10  
Sunday: Rest

## Week 11

Monday: Fire 60/Stretch 10  
Tuesday: Sculpt 30/Core 20  
Wednesday: Fire 55 EZ/Stretch 10  
Thursday: Yoga X  
Friday: Fire 60/Stretch 10  
Saturday: Core Synergistics  
Sunday: Rest

## Week 12

Monday: Fire 60/Stretch 10  
Tuesday: Sculpt 30/Core 20  
Wednesday: Fire 55 EZ/Stretch 10  
Thursday: Yoga X  
Friday: Fire 60/Stretch 10  
Saturday: Core Synergistics  
Sunday: Rest

## **P90X / Turbofire Hybrid 2**

### **Week 1**

Mon: P90X Core Synergistics  
Tue: Turbo Fire Fire 45 Class/ HIIT 15  
Wed: P90X Shoulders/Arms & Ab Ripper X  
Thur: P90X Yoga X  
Fri: P90X Legs/Back/Ab Ripper X  
Sat: Turbo Fire Fire 55 EZ Class  
Sun: Rest Day

### **Week 2**

Mon: Turbo Fire Sculpt 30 Class/HIIT 20 Class  
Tue: Turbo Fire Fire 45 Class/Ab Ripper X  
Wed: P90X Shoulders/Arms & Turbo Fire Stretch 10  
Thur: P90X Yoga X  
Fri: P90X Legs/Back & Ab Ripper X  
Sat: Turbo Fire Fire 45 EZ Class & Stretch 10  
Sun: Rest Day

### **Week 3**

Mon: P90X Legs & Back & Turbo Fire Stretch 10  
Tue: Turbo Fire Fire 45 Class & P90X Ab Ripper X  
Wed: P90X Shoulders/Arms & Turbo Fire Stretch 10  
Thur: Turbo Fire Stretch 40 Class & Core 20 Class  
Fri: P90X Legs & Back  
Sat: Turbo Fire HIIT 25 Class & Core 20 Class & Stretch 10  
Sun: Rest Day

### **Week 4 - Recovery Week**

Mon: P90X Yoga X  
Tue: P90X Core Synergistics  
Weds: Turbo Fire 45 EZ Class & Stretch 10 Class  
Thur: Turbo Fire Stretch 40 Class  
Fri: Turbo Fire Fire 45 EZ Class & Stretch 10  
Sat: P90X Core Synergistics  
Sun: Rest Day

### **Week 5**

Mon: P90X Chest/shoulders/triceps & Ab Ripper X  
Tue: Turbo Fire Fire 30 Class & Turbo Fire HIIT 20 Class  
Wed: P90X Back/Biceps & Turbo Fire Core 20 Class  
Thur: P90X Yoga X  
Fri: P90X Legs/Back & Ab Ripper X  
Sat: Turbo Fire Fire 45 EZ Class & HIIT 15  
Sun: P90X X Stretch

### **Week 6**

Mon: P90X Chest/Shoulders/Triceps & Ab Ripper X  
Tue: Turbo Fire Fire 45 Class & HIIT 15  
Wed: P90X Back/Biceps & Ab Ripper X  
Thur: P90X Yoga X  
Fri: P90X Legs/Back & Ab Ripper X  
Sat: Turbo Fire Fire 55 EZ Class  
Sun: Rest Day

### **Week 7**

Mon: P90X Chest/shoulders/triceps & Ab Ripper X  
Tue: Turbo Fire Fire 45 & HIIT 15 & Stretch 10  
Wed: P90X Back/Biceps & Turbo Fire Core 20  
Thur: P90X Yoga X  
Fri: P90X Legs/Back & Ab Ripper X  
Sat: Turbo Fire Fire 30 Class & HIIT 15  
Sun: Rest Day

### **Week 8- Recovery Week**

Mon: P90X Yoga X  
Tue: P90X Core Synergistics  
Weds: Turbo Fire 45 EZ Class & Stretch 10 Class  
Thur: Turbo Fire Stretch 40 Class  
Fri: Turbo Fire Fire 45 EZ Class & Stretch 10  
Sat: P90X Core Synergistics  
Sun: Rest Day

### **Week 9**

Mon: Turbo Fire Sculpt 30 Class & HIIT 25 Class  
Tue: Turbo Fire Fire 55 EZ Class  
Wed: P90X Shoulders & Arms & Ab Ripper X  
Thur: P90X Yoga X  
Fri: P90X Legs/Back& Ab Ripper X  
Sat: Turbo Fire Fire 45 EZ Class & HIIT 15  
Sun: Rest Day

### **Week 10**

Mon: P90X Chest/shoulders/triceps & Ab Ripper X  
Tue: Turbo Fire Fire 45 & HIIT 15  
Wed: P90X Back/Biceps & Turbo Fire Core 20  
Thur: P90X Yoga X  
Fri: P90X Legs/Back & Ab Ripper X  
Sat: Turbo Fire Fire 30 Class & HIIT 15  
Sun: Rest Day

### **Week 11**

Mon: P90X Core Synergistics  
Tue: Turbo Fire Fire 30 Class & HIIT 20 & Stretch 10  
Wed: P90X Shoulders & Arms/Ab Ripper X  
Thur: Turbo Fire Stretch 40  
Fri: P90X Legs/Back& Ab Ripper X  
Sat: Turbo Fire Fire 55 EZ  
Sun: Rest Day

### **Week 12**

Mon: P90X Chest/shoulders/triceps & Ab Ripper X  
Tue: Turbo Fire Fire 45 & HIIT 15  
Wed: P90X Back/Biceps & Turbo Fire Core 20  
Thur: P90X Yoga X  
Fri: P90X Legs/Back & Ab Ripper X  
Sat: Turbo Fire Fire 30 Class & HIIT 15  
Sun: Rest Day

### **Week 13 - Recovery Week**

Mon: P90X Yoga X  
Tue: P90X Core Synergistics  
Weds: Turbo Fire 45 EZ Class & Stretch 10 Class  
Thur: Turbo Fire Stretch 40 Class  
Fri: Turbo Fire Fire 45 EZ Class & Stretch 10  
Sat: P90X Core Synergistics  
Sun: Rest Day

## **P90X / Insanity Hybrid**

### **Phase 1 (repeat 2x )**

- Day 1 – P90X Chest & Back + Ab Workout
- Day 2 – Insanity Plyometric Cardio Circuit
- Day 3 – P90X Shoulders and Arms + Ab Workout
- Day 4 – Insanity Cardio Power and Resistance
- Day 5 – P90X Legs & Back + Ab Workout
- Day 6 – Insanity Pure Cardio
- Day 7 – Yoga Workout

### **Recovery Week**

- Day 1 – P90X Core Synergistics
- Day 2 – P90X Yoga
- Day 3 – P90X Kenpo
- Day 4 – P90X Core Synergistics
- Day 5 – P90X Yoga
- Day 6 – P90X Kenpo
- Day 7 – P90X X-Stretch

### **Phase 2 (repeat 2x)**

- Day 1 – P90X Chest, Shoulders, & Triceps + Ab Workout
- Day 2 – Insanity Max Interval Circuit
- Day 3 – P90X Biceps & Back + Ab Workout
- Day 4 – Insanity Max Interval Plyo
- Day 5 – P90X Legs & Back + Ab Workout
- Day 6 – Insanity Max Cardio Conditioning
- Day 7 – Yoga Workout

### **Recovery Week**

- Day 1 – P90X Core Synergistics
- Day 2 – P90X Yoga
- Day 3 – P90X Kenpo
- Day 4 – P90X Core Synergistics
- Day 5 – P90X Yoga
- Day 6 – P90X Kenpo
- Day 7 – P90X X-Stretch

### **Phase 3 (repeat 2x)**

- Day 1 – P90X Chest & Back + Ab Workout
- Day 2 – Insanity Max Interval Circuit
- Day 3 – P90X Shoulders & Arms + Ab Workout
- Day 4 – Insanity Max Interval Plyo
- Day 5 – P90X Legs & Back + Ab Workout
- Day 6 – Insanity Max Cardio Conditioning
- Day 7 – Yoga Workout

## **Recovery Week**

- Day 1 – P90X Core Synergistics
- Day 2 – P90X Yoga
- Day 3 – P90X Kenpo
- Day 4 – P90X Core Synergistics
- Day 5 – P90X Yoga
- Day 6 – P90X Kenpo
- Day 7 – P90X X-Stretch

## **P90X / RevAbs Hybrid**

### **Week 1**

1. P90X Chest & Back + Mercy Abs
2. P90X PlyoX
3. P90X Shoulders & Arms + Abs workout (your choice)\*
4. P90X Kenpo
5. RevAbs Total Strength + Mercy Abs
6. RevAbs Fire It Up
7. Rest

### **Week 2**

1. P90X Chest & Back + Mercy Abs
2. RevAbs Power Intervals 2
3. P90X Shoulders & Arms + Abs workout (your choice)\*
4. P90X Kenpo
5. P90X Legs & Back + Mercy Abs
6. RevAbs Fire It Up
7. Rest

### **Week 3**

1. P90X Chest & Back + Mercy Abs
2. P90X PlyoX
3. P90X Shoulders & Arms + Ab workout (your choice)\*
4. P90X Kenpo
5. RevAbs Total Strength + Mercy Abs
6. RevAbs Fire It Up
7. Rest

### **Week 4**

1. RevAbs Power Intervals 1
2. RevAbs Rev It Up
3. P90X Core Syn
4. P90X Kenpo
5. RevAbs Power Intervals 1
6. P90X CardioX
7. Rest

### **Week 5**

1. P90X Back & Biceps + Merciless Abs
2. P90X PlyoX
3. P90X Chest, Shoulders, & Arms + Abs workout\*
4. P90X Kenpo
5. RevAbs Total Endurance + Merciless Abs
6. Revabs Fat Burning Abs
7. Rest

### **Week 6**

1. P90X Back & Biceps + Merciless Abs
2. P90X PlyoX
3. P90X Chest, Shoulders, & Arms + Abs workout\*
4. P90X Kenpo
5. RevAbs Total Endurance + Merciless Abs
6. Revabs Fat Burning Abs
7. Rest

\* AbRipper, AbRipperX, Ab Core Plus, or Iso Abs

### **Week 7**

1. P90X Back & Biceps + Merciless Abs
2. 90X PlyoX
3. P90X Chest, Shoulders, & Arms + Abs workout\*
4. P90X Kenpo
5. RevAbs Total Endurance + Merciless Abs
6. Revabs Fat Burning Abs
7. Rest

### **Week 8**

1. RevAbs Power Intervals 1
2. RevAbs Rev It Up
3. P90X Core Syn
4. P90X Kenpo
5. RevAbs Power Intervals 1
6. P90X CardioX
7. Rest

### **Week 9**

1. P90X Chest & Back + Mercy Abs
2. P90X PlyoX
3. P90X Shoulders & Arms + Abs workout (your choice)\*
4. P90X Kenpo
5. RevAbs Total Strength + Mercy Abs
6. RevAbs Fire It Up
7. Rest

### **Week 10**

1. P90X Back & Biceps + Merciless Abs
2. P90X PlyoX
3. P90X Chest, Shoulders, & Arms + Abs workout\*
4. P90X Kenpo
5. RevAbs Total Endurance + Merciless Abs
6. Revabs Fat Burning Abs
7. Rest

### **Week 11**

1. P90X Chest & Back + Mercy Abs
2. RevAbs Power Intervals 2
3. P90X Shoulders & Arms + Ab workout (your choice)\*
4. P90X Kenpo
5. P90X Legs & Back + Mercy Abs
6. RevAbs Fire It Up
7. Rest

### **Week 12**

1. P90X Back & Biceps + Merciless Abs
2. P90X PlyoX
3. P90X Chest, Shoulders, & Arms + Abs workout\*
4. P90X Kenpo
5. RevAbs Total Endurance + Merciless Abs
6. Revabs Fat Burning Abs
7. Rest

### **Week 13**

1. P90X Chest Shoulders and Arms + Mercy Abs
2. P90X Plus: Plyo IntervalsX
3. RevAbs Total Strength + Abs workout (your choice)\*
4. P90X Kenpo
5. P90X Back & Biceps + Merciless Abs
6. Revabs Fat Burning Abs
7. Rest

## **P90X / TurboFire / Body Beast Hybrid**

## **Week 8**

### **Week 1-3**

#### **Monday**

Chest and Back (P90X)

#### **Tuesday**

PlyoX or Fire45

#### **Wednesday**

Legs and Back (P90X)

#### **Thursday**

Yoga X or Sculpt 30 + Core30

#### **Friday**

Shoulders and Arms (P90X)

#### **Saturday**

Bulk Legs (Body Beast)

#### **Sunday**

Rest

### **Week 4**

#### **Monday**

Yoga or Sculpt 30 + Core20

#### **Tuesday**

Core Synergistics (P90X)

#### **Wednesday**

Fire45

#### **Thursday**

XStretch or Stretch10

#### **Friday**

Core Synergistics (P90X)

#### **Saturday**

Fire 45

#### **Sunday**

Rest

### **Week 5-7**

#### **Monday**

Back and Biceps (P90X)

#### **Tuesday**

PlyoX or Fire45

#### **Wednesday**

Legs and Back

#### **Thursday**

YogaX or Sculpt 30 + Core 20

#### **Friday**

Chest Shoulders Tris (P90X)

#### **Saturday**

Bulk Legs (Body Beast)

#### **Sunday**

Rest

#### **Monday**

Yoga or Sculpt 30 + Core20

#### **Tuesday**

Core Synergistics (P90X)

#### **Wednesday**

Fire45

#### **Thursday**

XStretch or Stretch10

#### **Friday**

Core Synergistics (P90X)

#### **Saturday**

Fire 45

#### **Sunday**

Rest

## **P90X2 / Les Mills PUMP Hybrid**

### **Week 1**

Day 1 P90X2 Core  
Day 2 P90X2 Plyocide  
Day 3 Les Mills PUMP-Challenge  
Day 4 P90X2 Total Body & P90X2 Ab Ripper  
Day 5 Les Mills PUMP-Challenge/FLOW  
Day 6 P90X2 Balance + Power  
Day 7 Les Mills PUMP-Challenge

### **Week 2**

Day 1 Les Mills PUMP & BURN  
Day 2 P90x2 Plyocide  
Day 3 Les Mills PUMP-Challenge/Les Mills CORE  
Day 4 P90X2 Total Body & P90X2 Ab Ripper  
Day 5 Les Mills PUMP & BURN/FLOW  
Day 6 P90X2 Balance + Power  
Day 7 Les Mills Hardcore Abs

### **Week 3**

Day 1 Les Mills PUMP & BURN  
Day 2 P90X2 Plyocide/Ab Ripper X  
Day 3 Les Mills PUMP & BURN/FLOW  
Day 4 P90X2 Total Body & X2 Ab Ripper  
Day 5 Les Mills PUMP & BURN  
Day 6 P90X2 Balance + Power  
Day 7 Les Mills Hardcore Abs

### **Week 4: Recovery Week**

Day 1 P90X2 Recovery + Mobility  
Day 2 Les Mills FLOW  
Day 3 P90X2 Recovery + Mobility  
Day 4 P90X2 Yoga  
Day 5 P90X2 Recovery + Mobility  
Day 6 Les Mills CORE  
Day 7 Rest

### **Week 5**

Day 1 P90X2 Chest+Back+Balance & P90X2 Ab Ripper  
Day 2 P90X2 Plyocide  
Day 3 Les Mills PUMP & SHRED  
Day 4 P90X2 Shoulders + Arms & Ab Ripper  
Day 5 Les Mills FLOW  
Day 6 Rest  
Day 7 Les Mills STEP

### **Week 6**

Day 1 P90X2 Chest+Back+Balance & X2 Ab Ripper  
Day 2 Les Mills SPORTS ATTACK  
Day 3 Les Mills PUMP & SHRED  
Day 4 P90X2 Shoulders + Arms & Ab Ripper  
Day 5 Rest  
Day 6 LES MILLS PUMP & SHRED/Les Mills Hardcore Abs  
Day 7 Les Mills STEP

### **Week 7**

Day 1 Rest  
Day 2 P90X2 Plyocide  
Day 3 Les Mills PUMP & SHRED  
Day 4 P90X2 Chest + Shoulders + Triceps & P90X2 Ab Ripper  
Day 5 P90X2 Yoga  
Day 6 Base+Back & P90X2 Ab Ripper  
Day 7 Les Mills PUMP REVOLUTION

### **Week 8**

Day 1 Sculpt /Les Mills SPORTS ATTACK  
Day 2 Les Mills FLOW/Les Mills CORE  
Day 3 Les Mills PUMP Extreme  
Day 4 P90X2 Recovery + Mobility/X2 Ab Ripper  
Day 5 Rest  
Day 6 Base+Back /Les Mills HARDCORE ABS  
Day 7 Les Mills STEP

### **Week 9**

Day 1 Sculpt & X2 Ab Ripper  
Day 2 P90X2 Plyocide  
Day 3 Les Mills Pump Revolution or P90X2 Recovery + Mobility  
Day 4 P90X2 Chest + Shoulders + Triceps and Les Mills HARDCORE ABS  
Day 5 P90X2 Yoga  
Day 6 Base+Back & P90X2 Ab Ripper  
Day 7 Rest

### **Week 10 Recovery Week**

Day 1 Les Mills HARDCORE ABS/P90X2 Recovery + Mobility  
Day 2 P90X2 Yoga  
Day 3 P90X2 Recovery + Mobility  
Day 4 Les Mills CORE or Les Mills FLOW  
Day 5 Les Mills STEP or P90X2 Recovery + Mobility  
Day 6 P90X2 Yoga or P90X2 Recovery + Mobility  
Day 7 Les Mills SPORTS ATTACK

### **Week 11**

Day 1 P.A.P Lower and Les Mills PUMP EXTREME  
Day 2 P.A.P Upper and Les Mills FLOW  
Day 3 Les Mills CORE and Les Mills PUMP Revolution  
Day 4 P90X2 Yoga or P90X2 Recovery + Mobility  
Day 5 Les Mills PUMP EXTREME  
Day 6 Base + Back & P90X2 Ab Ripper  
Day 7 Rest

### **Week 12**

Day 1 P.A.P Lower/Les Mills PUMP REVOLUTION  
Day 2 P.A.P Upper/Les Mills FLOW  
Day 3 Les Mills CORE/Les Mills PUMP EXTREME  
Day 4 Rest  
Day 5 Base + Back & X2 Ab Ripper  
Day 6 Les Mills PUMP REVOLUTION  
Day 7 P90X2 Recovery + Mobility

### **Week 13**

Day 1 P.A.P Lower/Les Mills STEP  
Day 2 P.A.P Upper/X2 Yoga  
Day 3 Les Mills SPORTS ATTACK  
Day 4 Les Mills PUMP EXTREME/X2 Recovery + Mobility  
Day 5 Les Mills FLOW  
Day 6 Base + Back & X2 Ab Ripper  
Day 7 Rest

### **Week 14**

Day 1 P.A.P Lower/Les Mills FLOW  
Day 2 P.A.P Upper/Les Mills Hardcore ABS  
Day 3 Les Mills PUMP REVOLUTION  
Day 4 P90X2 Yoga  
Day 5 Base + Back & X2 Ab Ripper  
Day 6 Rest  
Day 7 Les Mills PUMP EXTREME



## **P90X2 / Brazil Butt Lift Hybrid**

### **Week 1**

Monday: X2 Core + Bum Bum  
Tuesday: Plyocide + Tummy Tuck  
Wednesday: REST  
Thursday: X2 Total Body + Abs Rapido  
Friday: X2 Recovery & Mobility + High & Tight &  
Saturday: X2 Balance & Power + Sculpt  
Sunday: REST

### **Week 2**

Monday: X2 Core + Sculpt  
Tuesday: Plyocide + High & Tight  
Wednesday: REST  
Thursday: X2 Total Body + Tummy Tuck  
Friday: X2 Recovery & Mobility + Sculpt  
Saturday: X2 Balance & Power + Bum Bum  
Sunday: REST

### **Week 3**

Monday: X2 Core + Sculpt  
Tuesday: Plyocide + Bum Bum  
Wednesday: REST  
Thursday: X2 Recovery & Mobility + Sculpt  
Friday: X2 Base and Back + High & Tight  
Saturday: X2 Balance & Power + Bum Bum  
Sunday: REST

### **Week 4**

Monday: X2 Core + Sculpt  
Tuesday: Plyocide + High & Tight  
Wednesday: REST  
Thursday: X2 Recovery & Mobility + Sculpt  
Friday: X2 Base and Back + Tummy Tuck  
Saturday: X2 Balance & Power + Bum Bum  
Sunday: REST

### **Week 5 (Recovery)**

Monday: X2 Recovery & Mobility  
Tuesday: X2 Yoga  
Wednesday: REST  
Thursday: X2 Recovery & Mobility  
Friday: X2 Yoga  
Saturday: X2 Recovery & Mobility  
Sunday: REST

### **Week 6**

Monday: P.A.P. Lower + Tummy Tuck  
Tuesday: P.A.P. Upper + High & Tight  
Wednesday: REST  
Thursday: X2 Recovery & Mobility + Sculpt  
Friday: P.A.P. Lower + Abs Rapido  
Saturday: P.A.P. Upper + Bum Bum  
Sunday: REST

### **Week 7**

Monday: P.A.P. Lower + Upper Cuts  
Tuesday: P.A.P. Upper + High & Tight  
Wednesday: REST  
Thursday: X2 Recovery & Mobility + Rio Extreme  
Friday: P.A.P. Lower + Tummy Tuck  
Saturday: P.A.P. Upper + Bum Bum  
Sunday: REST

### **Week 8**

Monday: P.A.P. Lower + Upper Cuts  
Tuesday: P.A.P. Upper + High & Tight  
Wednesday: REST  
Thursday: X2 Recovery & Mobility + Rio Extreme  
Friday: P.A.P. Lower + Upper Cuts  
Saturday: P.A.P. Upper + Bum Bum  
Sunday: REST

### **Week 9**

Monday: P.A.P. Lower + Upper Cuts  
Tuesday: P.A.P. Upper + Abs Rapido  
Wednesday: REST  
Thursday: X2 Recovery & Mobility + Upper Cuts  
Friday: P.A.P. Lower + High & Tight  
Saturday: P.A.P. Upper + Tummy Tuck  
Sunday: REST

### **Week 10 (Recovery)**

Monday: X2 Recovery & Mobility  
Tuesday: X2 Yoga  
Wednesday: REST  
Thursday: X2 Recovery & Mobility  
Friday: X2 Yoga  
Saturday: X2 Recovery & Mobility  
Sunday: REST

## **P90X / P90X2 / P90X+ / Insanity Hybrid**

### **Week 1**

Day 1: Chest + Back + Balance + X2 Ab Ripper  
Day 2: Insanity Plyo Cardio Circuit (Insanity)  
Day 3: Shoulders & Arms + Ab Ripper X (P90X)  
Day 4: X2 Yoga (P90X2)  
Day 5: Base + Back, + X2 Ab Ripper (P90X2)  
Day 6: P.A.P. Lower (P90X2)/ Max Interval Sports Training  
Day 7: Rest or X2 Recovery + Mobility

### **Week 2**

Day 1: Chest & Back + Ab Ripper X (P90X)  
Day 2: Pure Cardio (Insanity)  
Day 3: X2 Shoulders & Arms + X2 Ab Ripper (P90X2)  
Day 4: X2 Yoga (P90X2)  
Day 5: Legs & Back + Ab Ripper X (P90X)  
Day 6: P.A.P. Upper (P90X2)  
Day 7: Rest or X2 Recovery + Mobility

### **Week 3**

Day 1: Chest + Back + Balance + X2 Ab Ripper  
Day 2: Insanity Plyo Cardio Circuit (Insanity)  
Day 3: Shoulders & Arms + Ab Ripper X (P90X)  
Day 4: X2 Yoga (P90X2)  
Day 5: Base + Back, + X2 Ab Ripper (P90X2)  
Day 6: P.A.P. Lower (P90X2)/ Max Interval Sports Training  
Day 7: Rest or X2 Recovery + Mobility

### **Week 4 (Recovery Week)**

Day 1: Balance + Power (P90X2)  
Day 2: Kenpo X+ (P90X+)  
Day 3: Core Cardio & Balance (Insanity)  
Day 4: X2 Total Body (P90X2)  
Day 5: X2 Yoga  
Day 6: Core Synergistics (P90X)  
Day 7: Rest or X2 Recovery + Mobility

### **Week 5**

Day 1: V-Sculpt (P90X2) + Ab Ripper X (P90X)  
Day 2: Cardio Power & Resistance (Insanity)  
Day 3: Chest, Shoulders & Triceps (P90X) + X2 Ab Ripper  
Day 4: X2 Yoga (P90X2)  
Day 5: Base + Back, + X2 Ab Ripper (P90X2)  
Day 6: P.A.P. Lower (P90X2)/ Max Interval Sports Training  
Day 7: Rest or X2 Recovery + Mobility

### **Week 6**

Day 1: Back & Biceps (P90X) + X2 Ab Ripper  
Day 2: Pure Cardio (Insanity)  
Day 3: X2 Chest, Shoulders & Triceps (P90X2) + Ab Ripper X  
Day 4: X2 Yoga (P90X2)  
Day 5: Legs & Back (P90X) + X2 Ab Ripper (P90X2)  
Day 6: P.A.P. Upper (P90X2)  
Day 7: Rest or X2 Recovery + Mobility

### **Week 7**

Day 1: V-Sculpt (P90X2) + Ab Ripper X (P90X)  
Day 2: Cardio Power & Resistance (Insanity)  
Day 3: Chest, Shoulders & Triceps (P90X) + X2 Ab Ripper  
Day 4: X2 Yoga (P90X2)  
Day 5: Base + Back, + X2 Ab Ripper (P90X2)  
Day 6: P.A.P. Lower (P90X2)/ Max Interval Sports Training  
Day 7: Rest or X2 Recovery + Mobility

### **Week 8 (Recovery Week)**

Day 1: X2 Core (P90X2)  
Day 2: Kenpo X (P90X)  
Day 3: Core Cardio & Balance (Insanity)  
Day 4: Total Body+ (P90X+)  
Day 5: X2 Yoga  
Day 6: Core Synergistics (P90X)  
Day 7: Rest or X2 Recovery + Mobility

### **Week 9**

Day 1: Chest + Back + Balance + X2 Ab Ripper (P90X2)  
Day 2: Plyocide (P90X2)  
Day 3: Shoulders & Arms + Ab Ripper X (P90X)  
Day 4: X2 Yoga (P90X2)  
Day 5: Base + Back, + X2 Ab Ripper (P90X2)  
Day 6: P.A.P. Lower (P90X2)  
Day 7: Rest or X2 Recovery + Mobility

### **Week 10**

Day 1: V-Sculpt (P90X2) + Ab Ripper X (P90X)  
Day 2: Max Interval Plyo (Insanity)  
Day 3: Chest, Shoulders & Triceps (P90X) + X2 Ab Ripper  
Day 4: X2 Yoga (P90X2)  
Day 5: Base + Back, + X2 Ab Ripped (P90X2)  
Day 6: Max Interval Circuit (Insanity)  
Day 7: Rest or X2 Recovery + Mobility

### **Week 11**

Day 1: Chest & Back + Ab Ripper X (P90X)  
Day 2: Max Cardio Conditioning (Insanity)  
Day 3: X2 Shoulders/Arms + X2 Ab Ripper (P90X2)  
Day 4: X2 Yoga (P90X2)  
Day 5: Legs & Back + Ab Ripper X (P90X)  
Day 6: P.A.P. Upper (P90X2)  
Day 7: Rest or X2 Recovery + Mobility

### **Week 12**

Day 1: Back & Biceps (P90X) + X2 Ab Ripper (P90X2)  
Day 2: Plyometrics (P90X)  
Day 3: X2 Chest, Shoulders & Tris + Ab Ripper X (P90X)  
Day 4: X2 Yoga (P90X2)  
Day 5: Legs & Back (P90X) + X2 Ab Ripper (P90X2)  
Day 6: Max Interval Sports Training (Insanity)  
Day 7: Rest or X2 Recovery + Mobility