

# P90X & P90X+

## Alternative Hybrid Workouts



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## A few words

DO create a plan. DON'T wait for "someday" to roll around.

DO start small. DON'T focus on too many things at once.  
Try focusing on one goal at a time.

DO write it down. DON'T forget to give yourself a deadline. Deadlines turn wishes into goals. The act of writing down your goal is powerful enough to keep you committed and focused. Better yet, find a visual that represents your goal or how your life will be different. Seeing it makes it seem more possible.

DO be specific. DON'T deal in absolutes.  
Avoid the words 'some' and 'more', as in "I will get SOME exercise" or "I will eat MORE veggies." It leaves too much wiggle-out room. Deal in measurable things that you have control over. And never say 'never' or 'always.' All or nothing is a common attitude that leads people back to bad habits.

DO track your progress. DON'T fool yourself into failure. Memory can be pretty selective. It conveniently forgets that extra brownie while remembering activity that never happened. The only way to know for sure is to track goals regularly with a checklist or journal.

DO reward your success. DON'T beat yourself up over failure. This is the step that trips up most people. Negative reinforcement is all around us, telling us every day what we're doing wrong. This is not the approach to take to succeed with your goals. Why not focus on what you're doing right instead? If you take a step back, learn from it and take two steps forward.

DO find a support system...That should be Team Evolution . DON'T try to do it alone. A goal buddy can make all the difference this time. People that can help are all around you – on the Million Dollar Body message boards, at work, even in your own family. Just add one person to your support group, and you double your motivation, double your energy, double your commitment – and double your FUN.

DO make a commitment. DON'T ever forget that you can do it.

## **MUHA Welcome to DAY 1!!**

Now, I am going to be doing a HYBRID program that integrats P90X and P90X+.

Here is my workout plan:

### **Phase 1: Weeks 1-3**

day 1: P90X+ Total Body  
day 2: P90X Kenpo  
day 3: P90X Ab Ripper / P90X Stretch  
day 4: P90X+ Total Body  
day 5: P90X+ Kenpo  
day 6: P90X+ Ab Ripper / P90X Stretch  
day 7: P90X Yoga

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

day 1: P90X Core  
day 2: P90X Stretch  
day 3: P90X Yoga  
day 4: P90X Core  
day 5: P90X Stretch  
day 6: P90X Yoga  
day 7: Rest / Stretch / Yoga (your choice)

### **Phase 2: Weeks 5-7**

day 1: P90X+ Upper Body  
day 2: P90X Cardio  
day 3: P90X Legs\* / Ab Ripper  
day 4: P90X Yoga  
day 5: P90X+ Full Body  
day 6: P90X+ Intervals  
day 7: P90X+ Ab Ripper / P90X Stretch

### **Recovery Week: Week 8**

### **Phase 3: Weeks 9-11**

day 1: P90X+ Upper Body  
day 2: P90X Legs\* / Ab Ripper  
day 3: P90X Plyo  
day 4: P90X+ Upper Body  
day 5: P90X Legs / P90X+ Ab Ripper  
day 6: P90X Kenpo  
day 7: P90X Stretch

### **Recovery Week: Week 12**

### **Phase 4: Weeks 13-15**

day 1: P90X Chest / Back  
day 2: P90X Legs\* / Ab Ripper  
day 3: P90X+ Kenpo  
day 4: P90X Shoulders / Arms  
day 5: P90X Cardio  
day 6: P90X+ Full Body  
day 7: P90X+ Ab Ripper / P90X Stretch

### **Recovery Week: Week 16**

### **Phase 5: Weeks 17-19**

day 1: P90X Chest / Shoulders / Triceps  
day 2: P90X Legs\* / Ab Ripper  
day 3: P90X+ Intervals  
day 4: P90X Back / Biceps  
day 5: P90X Plyo  
day 6: P90X+ Full Body  
day 7: P90X+ Ab Ripper / P90X Stretch

Now I might replace the P90X Kenpo with Plyo because I LOVE Plyo and its a better workout and when it gets warmer out I will start running again and sometimes on Saturdays I like to do a circuit workout with free wieghts. As you can imagine, this will be a nightmare in WOWY, so I may select the standard P90X track just to make scheduling easier for myself.

Well anyhow...enough typing .  
Eric

## Starting a New **Workout!**

The **CORE EMPHASIS** (Functional Fitness Evolution) will push our “Functional Fitness forward. This week will ensure that our **CORE/JOINTS/MUSCLES** are primed for the heavier work of the next two weeks. Nothing heavy in this week, but plenty of sweat and muscle burn!

The **MUSCLE BUILDING EMPHASIS** (Strength Evolution) is pure strength and muscle building! Use additional weight on **ALL EXERCISES**. Pull ups with additional weight, push ups on DB’s or push up stands for additional range of motion. When you can do 10 reps with a certain weight...GO HEAVIER! More strength = more muscle!

The **RECOVERY EMPHASIS** (Recuperation Evolution) is the week to recover, recuperate and grow from the previous three weeks of solid work. 1 **CORE** workout, some nice cardio, plenty of Spine/Back rejuvenating **YOGA**, and a full day of muscle/joint rejuvenating stretching.

This series of Weeks/workouts will keep us injury free, gaining strength, muscle and functional fitness!

### **WEEK 1 ~ CORE EMPHASIS (Functional Fitness Evolution)**

Monday - P90X+ UPPER PLUS / ABS/CORE PLUS

Tuesday - YOGA X (first 45 minutes + Favorite Balance Postures)

Wednesday – CORE SYNERGISTICS

Thursday - P90X+ INTERVALS

Friday - P90X+ TOTAL BODY PLUS

Saturday - P90X+ KENPO CARDIO PLUS

Sunday - Rest

### **WEEK 2 & 3 ~ MUSCLE BUILDING EMPHASIS (Strength Evolution)**

Monday - P90X BACK/BICEPS / ABS/CORE PLUS

Tuesday - YOGA X (first 45 minutes + Favorite Balance Postures)

Wednesday – P90X CHEST/SHOULDERS/TRICEPS / AB RIPPER X

Thursday - P90X PLYOMETRICS

Friday - P90X LEGS/BACK / ABS/CORE PLUS

Saturday - P90X KENPO

Sunday - Rest

#### **WEEK 4 ~ RECOVERY EMPHASIS (Recuperation Evolution)**

Monday - P90X+ TOTAL BODY PLUS  
Tuesday - YOGA X (first 45 minutes + Favorite Balance Postures)  
Wednesday – P90X+ KENPO CARDIO PLUS  
Thursday - YOGA X (first 45 minutes + Favorite Balance Postures)  
Friday - P90X CARDIO X  
Saturday - STRETCH X  
Sunday - Rest

#### **WEEK 5 ~ CORE EMPHASIS (Functional Fitness Evolution)**

Monday - CORE SYNERGISTICS  
Tuesday - YOGA X (first 45 minutes + Favorite Balance Postures) Wednesday – P90X+ UPPER PLUS / ABS/CORE PLUS  
Thursday - P90X+ KENPO CARDIO PLUS  
Friday - P90X+ TOTAL BODY PLUS  
Saturday - P90X+ INTERVALS  
Sunday - Rest

#### **WEEK 6 & 7 ~ MUSCLE BUILDING EMPHASIS (Strength Evolution)**

Monday - P90X CHEST/BACK / ABS/CORE PLUS  
Tuesday - YOGA X (first 45 minutes + Favorite Balance Postures)  
Wednesday – P90X SHOULDERS/ARMS / AB RIPPER X  
Thursday - P90X PLYOMETRICS  
Friday - P90X LEGS/BACK / ABS/CORE PLUS  
Saturday - P90X KENPO  
Sunday - Rest

#### **WEEK 8 ~ RECOVERY EMPHASIS (Recuperation Evolution)**

Monday - P90X+ UPPER PLUS / ABS/CORE PLUS  
Tuesday - P90X+ KENPO CARDIO PLUS  
Wednesday – YOGA X (first 45 minutes + Favorite Balance Postures)  
Thursday - P90X CARDIO X  
Friday - YOGA X (first 45 minutes + Favorite Balance Postures)  
Saturday - STRETCH X  
Sunday - Rest

### **WEEK 9 ~ CORE EMPHASIS (Functional Fitness Evolution)**

Monday - P90X+ TOTAL BODY PLUS

Tuesday - YOGA X (first 45 minutes + Favorite Balance Postures)

Wednesday – P90X+ UPPER PLUS / ABS/CORE PLUS

Thursday - P90X+ INTERVALS

Friday - CORE SYNERGISTICS

Saturday - P90X+ KENPO CARDIO PLUS

Sunday - Rest

### **WEEK 10 & 11 ~ MUSCLE BUILDING EMPHASIS (Strength Evolution)**

Monday - P90X BACK/BICEPS / ABS/CORE PLUS

Tuesday - YOGA X (first 45 minutes + Favorite Balance Postures)

Wednesday – P90X CHEST/SHOULDERS/TRICEPS / AB RIPPER X

Thursday - P90X PLYOMETRICS

Friday - P90X LEGS/BACK / ABS/CORE PLUS

Saturday - P90X KENPO

Sunday - Rest

### **WEEK 12 ~ RECOVERY EMPHASIS (Recuperation Evolution)**

Monday - CORE SYNERGISTICS

Tuesday - P90X CARDIO X

Wednesday – YOGA X (first 45 minutes + Favorite Balance Postures)

Thursday - P90X+ KENPO CARDIO PLUS

Friday - YOGA X (first 45 minutes + Favorite Balance Postures)

Saturday - STRETCH X

Sunday - Rest

## THE P365X+ EXPERIMENT

Hello Everybody.

Here's a way to keep focused during 2008. By combining P90X and P90X+ workouts I came up with a hybrid routine that lasts 6 months, if you add a round of classic P90X and a round of P90X+ you then have a full year of the X

Join me on this journey. It doesn't matter if you start with the classic P90X then P90X+ and then the hybrid rotation, it's your choice... the goal here is to go for a full year non-stop and test our determination.

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### I. Do 1 round of P90X Plus Classic Version

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II. My 6 month rotation combining P90X and P90X Plus: ( This was posted on Mark Briggs and Traci Morrow threads and got their seal of approval )

Twice a Week per – Body Part Program: 6 Months Design

\*: When doing Legs the back exercises will be skipped by either resting through them or using the remote control to jump chapters, and keep moving on with the leg exercises. This is done to keep with the twice a week per body part schedule.

#### Phase 1: Weeks 1-3

day 1: P90X+ Total Body / P90X Ab Ripper  
day 2: P90X Kenpo  
day 3: P90X Stretch  
day 4: P90X+ Total Body / P90X+ Abs-Core  
day 5: P90X+ Kenpo  
day 6: P90X Stretch  
day 7: P90X Yoga

#### Recovery Week: Week 4

day 1: P90X Core  
day 2: P90X Stretch  
day 3: P90X Yoga  
day 4: P90X Core  
day 5: P90X Stretch  
day 6: P90X Yoga  
day 7: Rest / Stretch / Yoga (your choice)



### **Phase 2: Weeks 5-7**

day 1: P90X+ Upper Body / P90X Ab Ripper  
day 2: P90X Cardio  
day 3: P90X Legs\*  
day 4: P90X Yoga  
day 5: P90X+ Full Body / P90X+ Abs-Core  
day 6: P90X+ Intervals  
day 7: P90X Stretch

### **Recovery Week: Week 8**

### **Phase 3: Weeks 9-11**

day 1: P90X+ Upper Body / P90X Ab Ripper  
day 2: P90X Legs\*  
day 3: P90X Plyo  
day 4: P90X+ Upper Body / P90X+ Abs-Core  
day 5: P90X Legs\*  
day 6: P90X Kenpo / P90X Yoga (Balance Section)  
day 7: P90X Stretch / P90X Yoga (Power Yoga Section)

### **Recovery Week: Week 12**

### **Phase 4: Weeks 13-15**

day 1: P90X Chest / Back / P90X Ab Ripper  
day 2: P90X Legs\*  
day 3: P90X+ Kenpo  
day 4: P90X Shoulders / Arms / P90X+ Abs-Core  
day 5: P90X Cardio  
day 6: P90X+ Full Body / P90X Yoga (Balance Section)  
day 7: P90X Stretch / P90X Yoga (Power Yoga Section)

### **Recovery Week: Week 16**

### **Phase 5: Weeks 17-19**

day 1: P90X Chest / Shoulders / Triceps / P90X Ab Ripper  
day 2: P90X Legs\*  
day 3: P90X+ Intervals  
day 4: P90X Back / Biceps / P90X+ Abs-Core  
day 5: P90X Plyo  
day 6: P90X+ Full Body / P90X Yoga (Balance Section)  
day 7: P90X Stretch / P90X Yoga (Power Yoga Section)

### **Recovery Week: Week 20**

**Phase 6: Weeks 21-26**

Week 1: Phase 1

Week 2: Phase 2

Week 3: Phase 3

Week 4: Phase 4

Week 5: Phase 5

Week 6: Recovery Week

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**III. Do a round of P90X Original Classic**

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Total 52 weeks = 1 year.

2008 will be amazing !!!  
Peace.

**BRING IT !**

This document was made to show some differend workout routines from the internet for P90X+.

Have fun.