



P90x and P90X2 Hybrid 1

Weeks 1 and 2

Day 1: Chest + Back
Day 2: Plyometrics 2
Day 3: Shoulders, Bi's, & Tri's
Day 4: Yoga X
Day 5: Legs + Back
Day 6: Kenpo X
Day 7: X Stretch

Weeks 3 and 4

Day 1: X2 Core
Day 2: Plyocide
Day 3: X2 Recovery + Mobility
Day 4: X2 Total Body
Day 5: X2 Yoga
Day 6: Balance + Power
Day 7: X2 Recovery + Mobility

Week 5: RECOVERY

Day 1: Yoga X
Day 2: Core Synergistics
Day 3: Kenpo X
Day 4: X Stretch
Day 5: Core Synergistics
Day 6: Yoga X
Day 7: X Stretch

Weeks 6 and 7

Day 1: Chest+Shoulders+Tri's
Day 2: Plyometrics 2
Day 3: Back + Biceps
Day 4: Yoga X
Day 5: Legs + Back
Day 6: Kenpo X
Day 7: X Stretch

Weeks 8 & 9

Day 1: Chest + Back + Balance
Day 2: Plyocide
Day 3: X2 Recovery + Mobility
Day 4: X2 Shoulders + Arms
Day 5: X2 Yoga
Day 6: Base + Back
Day 7: X2 Recovery + Mobility

Week 10: RECOVERY

Day 1: Yoga X
Day 2: Core Synergistics
Day 3: Kenpo X
Day 4: X Stretch
Day 5: Core Synergistics
Day 6: Yoga X
Day 7: X Stretch

Week 11

Day 1: Chest + Back
Day 2: Plyometrics 2
Day 3: Shoulders, Bi's, & Tri's
Day 4: Yoga X
Day 5: Legs + Back
Day 6: Kenpo X
Day 7: X Stretch

Week 12

Day 1: Chest+Shoulders+Tri's
Day 2: Plyometrics 2
Day 3: Back + Biceps
Day 4: Yoga X
Day 5: Legs + Back
Day 6: Kenpo X
Day 7: X Stretch

Weeks 13 – 15

Day 1: P.A.P. Lower
Day 2: P.A.P. Upper
Day 3: X2 Yoga
Day 4: X2 Recovery + Mobility
Day 5: P.A.P. Lower
Day 6: P.A.P. Upper
Day 7: X2 Recovery + Mobility

Week 16: RECOVERY

Day 1: Yoga X
Day 2: Core Synergistics
Day 3: Kenpo X
Day 4: X Stretch
Day 5: Core Synergistics
Day 6: Yoga X
Day 7: X Stretch



P90X / P90X2 Hybrid 2

Week 1

Day 1: Chest + Back + Balance + X2 Ab Ripper
Day 2: Plyometrics (P90X)
Day 3: Shoulders/Arms + ARX (P90X)
Day 4: X2 Yoga (P90X2)
Day 5: Base + Back, + X2 Ab Ripped (P90X2)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

Week 2

Day 1: Chest/Back + ARX (P90X)
Day 2: Plyocide (P90X2)
Day 3: X2 Shoulders/Arms + X2 Ab Ripper (P90X2)
Day 4: X2 Yoga (P90X2)
Day 5: Legs/Back + ARX (P90X)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

Week 3

Day 1: Chest + Back + Balance + X2 Ab Ripper
Day 2: Plyometrics (P90X)
Day 3: Shoulders/Arms + ARX (P90X)
Day 4: X2 Yoga (P90X2)
Day 5: Base + Back, + X2 Ab Ripped (P90X2)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

Week 4 (Recovery Week)

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

Week 5

Day 1: V-Sculpt (P90X2) + ARX (P90X)
Day 2: Plyocide (P90X2)
Day 3: Chest/Shoulders/Triceps + X2 Ab Ripper
Day 4: X2 Yoga (P90X2)
Day 5: Base + Back, + X2 Ab Ripped (P90X2)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

Week 6

Day 1: Back/Bicep (P90X) + X2 Ab Ripper
Day 2: Plyometrics (P90X)
Day 3: X2 Chest/Shoulders/Tris + ARX (P90X)
Day 4: X2 Yoga (P90X2)
Day 5: Legs/Back (P90X) + X2 Ab Ripped (P90X2)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

Week 7

Day 1: V-Sculpt (P90X2) + ARX (P90X)
Day 2: Plyocide (P90X2)
Day 3: Chest/Shoulders/Triceps + X2 Ab Ripper
Day 4: X2 Yoga (P90X2)
Day 5: Base + Back, + X2 Ab Ripped (P90X2)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

Week 8 (Recovery Week)

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

Week 9

Day 1: Chest + Back + Balance + X2 Ab Ripper
Day 2: Plyometrics (P90X)
Day 3: Shoulders/Arms + ARX (P90X)
Day 4: X2 Yoga (P90X2)
Day 5: Base + Back, + X2 Ab Ripped (P90X2)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

Week 10

Day 1: V-Sculpt (P90X2) + ARX (P90X)
Day 2: Plyocide (P90X2)
Day 3: Chest/Shoulders/Triceps + X2 Ab Ripper
Day 4: X2 Yoga (P90X2)
Day 5: Base + Back, + X2 Ab Ripped (P90X2)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

Week 11

Day 1: Chest/Back + ARX (P90X)
Day 2: Plyocide (P90X2)
Day 3: X2 Shoulders/Arms + X2 Ab Ripper (P90X2)
Day 4: X2 Yoga (P90X2)
Day 5: Legs/Back + ARX (P90X)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

Week 12

Day 1: Back/Bicep (P90X) + X2 Ab Ripper
Day 2: Plyometrics (P90X)
Day 3: X2 Chest/Shoulders/Tris + ARX (P90X)
Day 4: X2 Yoga (P90X2)
Day 5: Legs/Back (P90X) + X2 Ab Ripped (P90X2)
Day 6: MISC DAY*
Day 7: Rest or X2 Recovery + Mobility

*Choose Between: PAP UPPER, PAP LOWER, CHEST X 2.0, TOTAL BODY X, Kenpo

P90X / P90X2 Hybrid 3

Weeks 1, 2

1. P90X Chest&Back, Ab Ripper X
2. P90X Plyometrics
3. P90X Shoulders&Arms, Ab Ripper X
4. Yoga X
5. P90X Legs&Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

Weeks 3, 4

1. P90X Chest, Shoulders,&Triceps, Ab Ripper X
2. P90X Plyometrics
3. P90X Back&Biceps, Ab Ripper X
4. Yoga X
5. P90X Legs&Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

Weeks 5, 6

1. P90X2 Chest + Back + Balance, X2 Ab Ripper
2. P90X2 Plyocide
3. Rest or X2 Recovery + Mobility
4. X2 Shoulders + Arms, X2 Ab Ripper
5. X2 Yoga
6. P90X2 Base + Back, X2 Ab Ripper
7. Rest or X2 Recovery + Mobility

Weeks 7, 8

1. P90X2 V Sculpt, X2 Ab Ripper
2. P90X2 Plyocide
3. Rest or X2 Recovery + Mobility
4. P90X X2 Chest + Shoulders + Tris, X2 Ab Ripper
5. X2 Yoga
6. P90X2 Base + Back, X2 Ab Ripper
7. Rest or X2 Recovery + Mobility

Week 9

1. P90X Chest&Back, Ab Ripper X
2. P90X Plyometrics
3. P90X Shoulders&Arms, Ab Ripper X
4. Yoga X
5. P90X Legs&Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

Week 10

1. P90X2 Chest + Back + Balance, X2 Ab Ripper
2. P90X2 Plyocide
3. Rest or X2 Recovery + Mobility
4. X2 Shoulders + Arms, X2 Ab Ripper
5. X2 Yoga
6. P90X2 Base + Back, X2 Ab Ripper
7. Rest or X2 Recovery + Mobility

Week 11

1. P90X Chest, Shoulders,&Triceps, Ab Ripper X
2. P90X Plyometrics
3. P90X Back&Biceps, Ab Ripper X
4. Yoga X
5. P90X Legs&Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

Week 12

1. P90X2 V Sculpt, X2 Ab Ripper
2. P90X2 Plyocide
3. Rest or X2 Recovery + Mobility
4. P90X X2 Chest + Shoulders + Tris, X2 Ab Ripper
5. X2 Yoga
6. P90X2 Base + Back, X2 Ab Ripper
7. Rest or X2 Recovery + Mobility

RECOVERY DAY/WEEK OPTIONS

Add in recovery days or up to a week as needed. As a general rule of thumb, give yourself some recovery time every 3 to 6 weeks.

Standard P90X Recovery Week

1. Yoga X
2. Core Synergistics
3. Kenpo X
4. X Stretch
5. Core Synergistics
6. Yoga X
7. Rest or X Stretch

Standard P90X2 Recovery Week

1. X2 Recovery + Mobility
2. X2 Yoga
3. X2 Recovery + Mobility
4. X2 Yoga
5. X2 Recovery + Mobility
6. X2 Yoga
7. Rest or X2 Recovery + Mobility

Other Notes:

To switch things up, you can replace Plyometrics with Plyocide, Yoga X with X2 Yoga, and Ab Ripper X with X2 Ab Ripper as needed (or vice versa).