

P90x Classic, P90x Doubles, P90x Lean Workout

Your copy of the full P90X lean workout schedule is on the **next page**.

First, though...

Here at <http://honestworkoutreviews.com> we aim to provide useful information and honest reviews.

If you are considering buying P90X...

We'd greatly appreciate if you purchase from the official Beachbody site through the link below (or any link on our site). If you feel we have provided value to you in any way, helped you grow and achieve your goals, then we'd be grateful if you bought P90X through our site.

When you click this link below, it will take you directly to the Beachbody official site. Remember, **ONLY** from the official site will you get the **bonus nutrition guide, fitness guide, calendar and online support from Tony Horton himself** and a fantastic peer network.

>>[Buy P90X + Bonuses From Beachbody.com](http://www.beachbody.com)<<

I've seen too many people get burnt out from buying illegal copies from pirate sites.

They get no customer support. All they receive are the DVDs in a box, and they often don't even work!

I've even heard this happening from Amazon.com sellers, so be careful.

Thanks,

-Joe and the team

<http://honestworkoutreviews.com>

Weeks 1 - 8

| | P90x Classic | P90x Doubles | P90x Lean |
|------------------|---|--|---|
| Weeks 1-3 | | | |
| Day 1 | Chest & Back, Ab Ripper X | Chest & Back, Ab Ripper X | Core Synergistics |
| 2 | Plyometrics | Plyometrics | Cardio X |
| 3 | Shoulders & Arms, Ab Ripper X | Shoulders & Arms, Ab Ripper X | Shoulders & Arms, Ab Ripper X |
| 4 | Yoga X | Yoga X | Yoga X |
| 5 | Legs & Back, Ab Ripper X | Legs & Back, Ab Ripper X | Legs & Back, Ab Ripper X |
| 6 | Kenpo X | Kenpo X | Kenpo X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |
| Week 4 | | | |
| Day 1 | Yoga X | Yoga X | Yoga X |
| 2 | Core Synergistics | Core Synergistics | Core Synergistics |
| 3 | Kenpo X | Kenpo X | Kenpo X |
| 4 | X Stretch | X Stretch | X Stretch |
| 5 | Core Synergistics | Core Synergistics | Cardio X |
| 6 | Yoga X | Yoga X | Yoga X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |
| Weeks 5-7 | | | |
| Day 1 | Chest, Shoulders & Triceps, Ab Ripper X | [AM] Cardio X; [PM] Chest, Shoulders & Triceps, Ab Ripper X | Core Synergistics |
| 2 | Plyometrics | Plyometrics | Cardio X |
| 3 | Back & Biceps, Ab Ripper X | [AM] Cardio X; [PM] Back & Biceps, Ab Ripper X | Chest, Shoulders & Triceps, Ab Ripper X |
| 4 | Yoga X | Yoga X | Yoga X |
| 5 | Legs & Back, Ab Ripper X | [AM] Cardio X; [PM] Legs & Back, Ab Ripper X | Legs & Back, Ab Ripper X |
| 6 | Kenpo X | Kenpo X | Kenpo X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |
| Week 8 | | | |
| Day 1 | Yoga X | Yoga X | Yoga X |
| 2 | Core Synergistics | Core Synergistics | Core Synergistics |
| 3 | Kenpo X | Kenpo X | Kenpo X |
| 4 | X Stretch | X Stretch | X Stretch |
| 5 | Core Synergistics | Core Synergistics | Cardio X |
| 6 | Yoga X | Yoga X | Yoga X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |

(weeks 9-13 on the next page)

Weeks 9 - 13

| | P90x Classic | P90x Doubles | P90x Lean |
|------------------------|---|---|---|
| Weeks 9 and 11 | | | |
| Day 1 | Chest & Back, Ab Ripper X | [AM] Cardio X [PM] Chest & Back, Ab Ripper X | Chest & Back, Ab Ripper X |
| 2 | Plyometrics | [AM] Cardio X [PM] Plyometrics | Cardio X |
| 3 | Shoulders & Arms, Ab Ripper X | Shoulders & Arms, Ab Ripper X | Shoulders & Arms, Ab Ripper X |
| 4 | Yoga X | [AM] Cardio X [PM] Yoga X | Yoga X |
| 5 | Legs & Back, Ab Ripper X | [AM] Cardio X [PM] Legs & Back, Ab Ripper X | Core Synergistics |
| 6 | Kenpo X | Kenpo X | Kenpo X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |
| Weeks 10 and 12 | | | |
| Day 1 | Chest, Shoulders & Triceps, Ab Ripper X | [AM] Cardio X [PM] Chest, Shoulders & Triceps, Ab Ripper X | Chest, Shoulders & Triceps, Ab Ripper X |
| 2 | Plyometrics | [AM] Cardio X [PM] Plyometrics | Cardio X |
| 3 | Back & Biceps, Ab Ripper X | Back & Biceps, Ab Ripper X | Back & Biceps, Ab Ripper X |
| 4 | Yoga X | [AM] Cardio X [PM] Yoga X | Yoga X |
| 5 | Legs & Back, Ab Ripper X | [AM] Cardio X [PM] Legs & Back, Ab Ripper X | Core Synergistics |
| 6 | Kenpo X | Kenpo X | Kenpo X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |
| Week 13 | | | |
| Day 1 | Yoga X | Yoga X | Yoga X |
| 2 | Core Synergistics | Core Synergistics | Core Synergistics |
| 3 | Kenpo X | Kenpo X | Kenpo X |
| 4 | X Stretch | X Stretch | X Stretch |
| 5 | Core Synergistics | Core Synergistics | Cardio X |
| 6 | Yoga X | Yoga X | Yoga X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |

That's it! Your P90X lean workout schedule, alongside the classic and doubles routines.

Remember – the lean workout is an *easier* version of the classic workout. It does not mean that you will get a 'leaner' body.

For the absolute best results, **classic** is the way to go.

For a great cardio workout that's a little easier going, try the **lean workout**. There are no plyometrics in the lean workout.

It's all down to your preference. Have a great workout, best of luck and be sure to come back and visit!

<http://honestworkoutreviews.com>