



The P90X2 calendar offers a variable length of time per phase. Depending on your goals, you may only need 30 days, or as long as 6 weeks.

PHASE 1 – FOUNDATION (3 to 6 weeks)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
WEEK 2	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
WEEK 3	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
WEEK 4	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
WEEK 5	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
WEEK 6	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
RECOVERY WEEK	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	Rest or X2 Recovery + Mobility

PHASE 2 – STRENGTH (3 to 6 weeks)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	*Chest + Back + Balance & X2AR	Plyocide	Rest or X2 Recovery + Mobility	*X2 Shoulders + Arms & X2AR	X2 Yoga	Base + Back & X2AR	Rest or X2 Recovery + Mobility
WEEK 2	*Chest + Back + Balance & X2AR	Plyocide	Rest or X2 Recovery + Mobility	*X2 Shoulders + Arms & X2AR	X2 Yoga	Base + Back & X2AR	Rest or X2 Recovery + Mobility
WEEK 3	*Chest + Back + Balance & X2AR	Plyocide	Rest or X2 Recovery + Mobility	*X2 Shoulders + Arms & X2AR	X2 Yoga	Base + Back & X2AR	Rest or X2 Recovery + Mobility
WEEK 4	*Chest + Back + Balance & X2AR	Plyocide	Rest or X2 Recovery + Mobility	*X2 Shoulders + Arms & X2AR	X2 Yoga	Base + Back & X2AR	Rest or X2 Recovery + Mobility
WEEK 5	*Chest + Back + Balance & X2AR	Plyocide	Rest or X2 Recovery + Mobility	*X2 Shoulders + Arms & X2AR	X2 Yoga	Base + Back & X2AR	Rest or X2 Recovery + Mobility
WEEK 6	*Chest + Back + Balance & X2AR	Plyocide	Rest or X2 Recovery + Mobility	*X2 Shoulders + Arms & X2AR	X2 Yoga	Base + Back & X2AR	Rest or X2 Recovery + Mobility
RECOVERY WEEK	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	Rest or X2 Recovery + Mobility

* You may substitute **V-Sculpt** for *Chest + Back + Balance* and **X2 Chest + Shoulders + Tris** for *X2 Shoulders + Arms*.

PHASE 3 – PERFORMANCE *(3 to 4 weeks)*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	P.A.P. Lower	P.A.P. Upper	X2 Yoga	Rest or X2 Recovery + Mobility	P.A.P. Lower	P.A.P. Upper	Rest or X2 Recovery + Mobility
WEEK 2	P.A.P. Lower	P.A.P. Upper	X2 Yoga	Rest or X2 Recovery + Mobility	P.A.P. Lower	P.A.P. Upper	Rest or X2 Recovery + Mobility
WEEK 3	P.A.P. Lower	P.A.P. Upper	X2 Yoga	Rest or X2 Recovery + Mobility	P.A.P. Lower	P.A.P. Upper	Rest or X2 Recovery + Mobility
WEEK 4	P.A.P. Lower	P.A.P. Upper	X2 Yoga	Rest or X2 Recovery + Mobility	P.A.P. Lower	P.A.P. Upper	Rest or X2 Recovery + Mobility
RECOVERY WEEK	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	Rest or X2 Recovery + Mobility