

TRAINING PHASES

CHECK YOUR POWER YOUR PERFORMANCE FITNESS GUIDE FOR DETAILS.

PHASE

1



FOUNDATION (3 to 6 weeks)

- Day 1: X2 Core
- Day 2: Plyocide
- Day 3: Rest or X2 Recovery + Mobility
- Day 4: X2 Total Body & X2 Ab Ripper
- Day 5: X2 Yoga
- Day 6: X2 Balance + Power
- Day 7: Rest or X2 Recovery + Mobility

PHASE

2



STRENGTH (3 to 6 weeks)

- Day 1: Chest + Back + Balance & X2 Ab Ripper
- Day 2: Plyocide
- Day 3: Rest or X2 Recovery + Mobility
- Day 4: X2 Shoulders + Arms & X2 Ab Ripper
- Day 5: X2 Yoga
- Day 6: Base + Back & X2 Ab Ripper
- Day 7: Rest or X2 Recovery + Mobility

ADDITIONAL OPTIONS

- V Sculpt & X2 Ab Ripper Switch into Day 1
- X2 Chest + Shoulders + Tris & X2 Ab Ripper Switch into Day 4

PHASE

3



PERFORMANCE (3 to 4 weeks)

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

RECOVERY WEEK (to be done whenever you need it)

- Day 1: X2 Recovery + Mobility
- Day 2: X2 Yoga
- Day 3: X2 Recovery + Mobility
- Day 4: X2 Yoga
- Day 5: X2 Recovery + Mobility
- Day 6: X2 Yoga
- Day 7: Rest or X2 Recovery + Mobility

P90X2

MONTH 1

BEFORE YOU START:
MEASURE BODY FAT %
TAKE "BEFORE" PHOTO



1	2	3	4	5	6	7
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8	9	10	11	12	13	14
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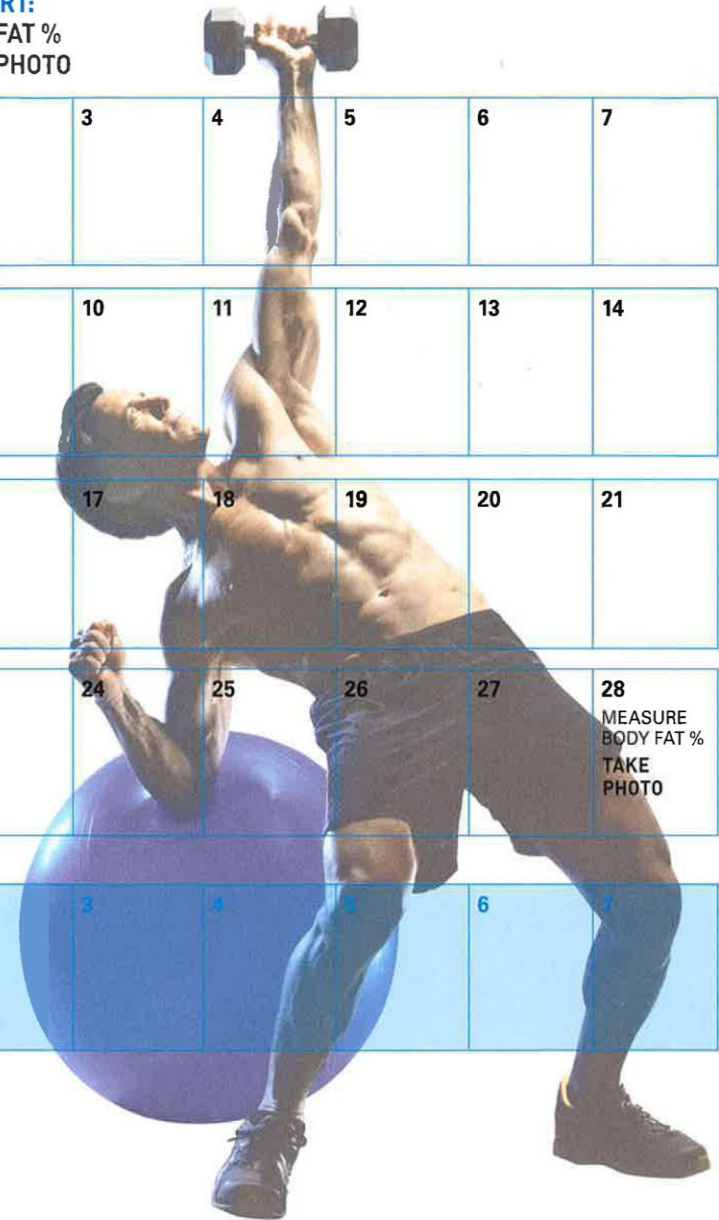
15	16	17	18	19	20	21
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22	23	24	25	26	27	28 MEASURE BODY FAT % TAKE PHOTO
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RECOVERY

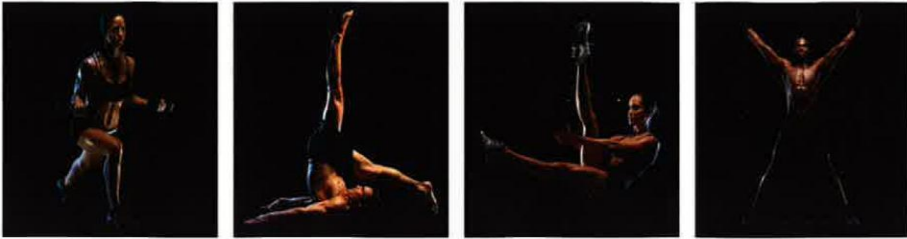
1	2	3	4	5	6	7
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NOTES



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MONTH 2

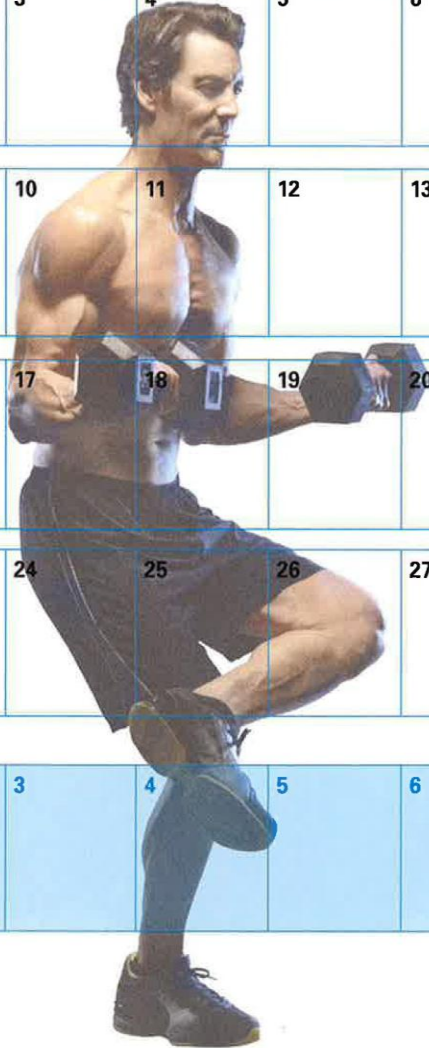


1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 MEASURE BODY FAT % TAKE PHOTO

RECOVERY

1	2	3	4	5	6	7
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NOTES



MONTH 3



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 MEASURE BODY FAT % TAKE PHOTO

RECOVERY

1	2	3	4	5	6	7
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NOTES

