

# ► TRAINING BLOCK 1

## ADAPTIVE AND MASTERY PHASE

### CLASSIC

WEEKS 1, 2, 3

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

### DOUBLES

WEEKS 1, 2, 3

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

### LEAN

## RECOVERY PHASE

### CLASSIC

WEEK 4

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

### DOUBLES

WEEK 4

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

### LEAN

# P90x Instruction Manual

**S Ashworth**

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