

P90X

RUNNERS TRAINING SCHEDULE

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WEEK	BLOCK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	ONE	CHEST & BACK AB RIPPER X (ARX)	PLYOMETRICS	SHOULDERS & ARMS AB RIPPER X (ARX)	YOGA X	LEGS & BACK AB RIPPER X (ARX)	KENPO X	REST OR EASY HIKE OR X STRETCH
2	ONE	CHEST & BACK AB RIPPER X (ARX)	PLYOMETRICS	SHOULDERS & ARMS AB RIPPER X (ARX)	YOGA X	LEGS & BACK AB RIPPER X (ARX)	KENPO X	REST OR EASY HIKE OR X STRETCH
3	ONE	CHEST & BACK AB RIPPER X (ARX)	PLYOMETRICS	SHOULDERS & ARMS AB RIPPER X (ARX)	YOGA X	LEGS & BACK AB RIPPER X (ARX)	KENPO X	REST OR EASY HIKE OR X STRETCH
4	RECOVERY	CORE SYNERGISTICS	PLYOMETRICS	YOGA X	LEGS & BACK	CORE SYNERGISTICS	LONG HIKE OR EASY RUN + STRETCH YOGA X	REST OR EASY HIKE OR X STRETCH
5	TWO	CHEST, SHOULDERS & TRICEPS + ARX + EASY RUN	PLYOMETRICS	BACK & BICEPS + ARX + EASY RUN	YOGA X	LEGS & BACK + ARX	LONG RUN + X STRETCH	REST OR EASY HIKE OR X STRETCH
6	TWO	CHEST, SHOULDERS & TRICEPS + ARX + EASY RUN	PLYOMETRICS	BACK & BICEPS + ARX + EASY RUN	YOGA X	LEGS & BACK + ARX	LONG RUN + X STRETCH	REST OR EASY HIKE OR X STRETCH
7	TWO	CHEST, SHOULDERS & TRICEPS + ARX + EASY RUN	PLYOMETRICS	BACK & BICEPS + ARX + EASY RUN	YOGA X	LEGS & BACK + ARX	LONG RUN + X STRETCH	REST OR EASY HIKE OR X STRETCH
8	RECOVERY	CORE SYNERGISTICS	EASY RUN + X STRETCH	YOGA X	EASY RUN + X STRETCH	CORE SYNERGISTICS	LONG HIKE OR EASY RUN + STRETCH YOGA X	REST OR EASY HIKE OR X STRETCH
9	THREE (3.1)	CHEST & BACK AB RIPPER X (ARX) + A RUN WORKOUT	PLYOMETRICS + RECOVERY RUN	SHOULDERS & ARMS AB RIPPER X (ARX) + RUN WORKOUT	YOGA X	LEGS & BACK + ARX + RECOVERY RUN	RUN WORKOUT + X STRETCH	REST OR X STRETCH
10	THREE (3.2)	CORE SYNERGISTICS + RUN WORKOUT	CARDIO X + RUN WORKOUT	ARX + RUN WORKOUT	YOGA X + RUN WORKOUT	LEGS & BACK + ARX	RUN WORKOUT + X STRETCH	REST OR EASY HIKE OR X STRETCH
11	THREE (3.3)	CHEST & BACK AB RIPPER X (ARX) + A RUN WORKOUT	PLYOMETRICS + RECOVERY RUN	SHOULDERS & ARMS AB RIPPER X (ARX) + RUN WORKOUT	YOGA X	LEGS & BACK + ARX + RECOVERY RUN	RUN WORKOUT + X STRETCH	REST OR X STRETCH
12	THREE (3.4)	CORE SYNERGISTICS + RUN WORKOUT	CARDIO X + RUN WORKOUT	ARX + RUN WORKOUT	YOGA X + RUN WORKOUT	LEGS & BACK + ARX	RUN WORKOUT + X STRETCH	REST OR X STRETCH

Px90 Workout Guide

RJ Alexander

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Px90 Workout Guide:

The book delves into Px90 Workout Guide. Px90 Workout Guide is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Px90 Workout Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Px90 Workout Guide
- Chapter 2: Essential Elements of Px90 Workout Guide
- Chapter 3: Px90 Workout Guide in Everyday Life
- Chapter 4: Px90 Workout Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Px90 Workout Guide. The first chapter will explore what Px90 Workout Guide is, why Px90 Workout Guide is vital, and how to effectively learn about Px90 Workout Guide.
3. In chapter 2, the author will delve into the foundational concepts of Px90 Workout Guide. This chapter will elucidate the essential principles that must be understood to grasp Px90 Workout Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Px90 Workout Guide in daily life. This chapter will showcase real-world examples of how Px90 Workout Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Px90 Workout Guide in specific contexts. This chapter will explore how Px90 Workout Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Px90 Workout Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Px90 Workout Guide.

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