

## ▶ TRAINING BLOCK

#### ADAPTIVE AND MASTERY PHASE

#### RECOVERY PHASE

CLASSIC

WEEKS \_\_I\_ Z\_ J

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

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

CLASSIC

# 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

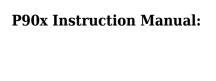
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DAY\_1 Yoga X
\_2 Core Synergistics
\_3 Kenpo X
\_4 X Stretch
\_5 Core Synergistics
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### **P90x Instruction Manual**

**Boyd Epley, Tim Wilson** 



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