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PHASE 1

WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
3	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
4	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH RECORD

PHASE 2

WK	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
5	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
6	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
7	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
8	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH RECORD

PHASE 3

WK	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
9	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
10	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
11	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
12	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91
13	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH RECORD

P90x Program Guide

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P90x Program Guide:

Unveiling the Magic of Words: A Report on "**P90x Program Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**P90x Program Guide**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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