# PHASE 1

## CLASSIC

**Weeks 1, 2, 3**

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

## CLASSIC (Recovery Week)

**Week 4**

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

## DOUBLES

**Weeks 1, 2, 3**

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 (Recovery Week)

**Week 4**

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

## LEAN

**Weeks 1, 2, 3**

1. Core Synergistics
2. Cardio X
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 Week)

**Week 4**

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Cardio X
- Yoga X
- Rest or X Stretch

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Days 1–28

CONTINUE TO BUILD ON YOUR SUCCESS AND LOG ONTO Beachbody.com FOR SUPPORT
## PHASE 2

### CLASSIC

**Weeks 5, 6, 7**
1. Chest, Shoulders & Triceps, Ab Ripper X
2. Plyometrics
3. Back & Biceps, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

**Week 8 (Recovery Week)**
- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

### DOUBLES

**Weeks 5, 6, 7**
1. AM Cardio X; FM Chest, Shoulders & Triceps, Ab Ripper X
2. Plyometrics
3. AM Cardio X; FM Back & Biceps, Ab Ripper X
4. Yoga X
5. AM Cardio X; FM Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

**Week 8 (Recovery Week)**
- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

### LEAN

**Weeks 5, 6, 7**
1. Core Synergistics
2. Cardio X
3. Chest, Shoulders & Triceps, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

**Week 8 (Recovery Week)**
- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Cardio X
- Yoga X
- Rest or X Stretch
## Phase 3

### Classic

**Weeks 9-11**
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

**Weeks 10-12**
- Chest, Shoulders & Triceps, Ab Ripper X
- Plyometrics
- Back & Biceps, Ab Ripper X
- Yoga X
- Legs & Back, Ab Ripper X
- Kenpo X
- Rest or X Stretch

### Doubles

**Weeks 9-11**
1. AM Cardio X; PM Chest & Back, Ab Ripper X
2. AM Cardio X; PM Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. AM Cardio X; PM Yoga X
5. AM Cardio X; PM Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

**Weeks 10-12**
- AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
- AM Cardio X; PM Plyometrics
- AM Cardio X; PM Yoga X
- AM Cardio X; PM Legs & Back, Ab Ripper X
- Kenpo X
- Rest or X Stretch

### Lean

**Weeks 9-11**
2. Cardio X
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Core Synergistics
6. Kenpo X
7. Rest or X Stretch

**Weeks 10-12**
- Chest, Shoulders & Triceps, Ab Ripper X
- Cardio X
- Back & Biceps, Ab Ripper X
- Yoga X
- Core Synergistics
- Kenpo X
- Rest or X Stretch

### Classic (Recovery Week) **Week 13**
1. Yoga X
2. Core Synergistics
3. Kenpo X
4. X Stretch
5. Core Synergistics
6. Yoga X
7. Rest or X Stretch

### Doubles (Recovery Week) **Week 13**
- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

### Lean (Recovery Week) **Week 13**
- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Cardio X
- Yoga X
- Rest or X Stretch

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Days 57-90

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P90X

ACCELERATED PROGRESS
### TAKE “BEFORE” PHOTO!

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**NOTES**

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UNLOCK THE EASY-TO-FOLLOW PHASE 1

CONTINUE TO BUILD ON YOUR SUCCESS AND LOG ONTO Beachbody.com FOR SUPPORT.