

P90X2

FOUNDATION (3 TO 6 WEEKS)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest or X2 Recovery	X2 Core	Plyocide	Rest or X2 Recovery	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance + Power
Rest or X2 Recovery	X2 Core	Plyocide	Rest or X2 Recovery	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance + Power
Rest or X2 Recovery	X2 Core	Plyocide	Rest or X2 Recovery	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance + Power