

P90X2

STRENGTH (3 TO 6 WEEKS)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest or X2 Recovery	Chest + Back + Balance & X2 Ab Ripper	Plyocide	Rest or X2 Recovery	X2 Shoulder + Arms & X2 Ab Ripper	X2 Yoga	Base + Back & X2 Ab Ripper
Rest or X2 Recovery	Chest + Back + Balance & X2 Ab Ripper	Plyocide	Rest or X2 Recovery	X2 Shoulder + Arms & X2 Ab Ripper	X2 Yoga	Base + Back & X2 Ab Ripper
Rest or X2 Recovery	Chest + Back + Balance & X2 Ab Ripper	Plyocide	Rest or X2 Recovery	X2 Shoulder + Arms & X2 Ab Ripper	X2 Yoga	Base + Back & X2 Ab Ripper