

P90X2

PERFORMANCE (3 TO 6 WEEKS)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest or X2 Recovery	P.A.P Lower	P.A.P Upper	X2 Yoga	Rest or X2 Recovery	P.A.P Lower	P.A.P Upper
Rest or X2 Recovery	P.A.P Lower	P.A.P Upper	X2 Yoga	Rest or X2 Recovery	P.A.P Lower	P.A.P Upper
Rest or X2 Recovery	P.A.P Lower	P.A.P Upper	X2 Yoga	Rest or X2 Recovery	P.A.P Lower	P.A.P Upper