

P90X® LEAN

PHASE 1							
WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	CORE SYNERGISTICS	CARDIO-X	SHOULDERS/ ARMS & ARX	YOGA	LEGS/BACK & ARX	KENPO-X	REST OR X-STRETCH
WK	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2	CORE SYNERGISTICS	CARDIO-X	SHOULDERS/ ARMS & ARX	YOGA	LEGS/BACK & ARX	KENPO-X	REST OR X-STRETCH
WK	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
3	CORE SYNERGISTICS	CARDIO-X	SHOULDERS/ ARMS & ARX	YOGA	LEGS/BACK & ARX	KENPO-X	REST OR X-STRETCH
WK	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
4	YOGA	CORE SYNERGISTICS	KENPO-X	X-STRETCH	CARDIO-X	YOGA	REST OR X-STRETCH RECORD
PHASE 2							
WK	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
5	CORE SYNERGISTICS	CARDIO-X	CHEST/ SHOULDERS/ TRIS & ARX	YOGA	LEGS/BACK & ARX	KENPO-X	REST OR X-STRETCH
WK	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
6	CORE SYNERGISTICS	CARDIO-X	CHEST/ SHOULDERS/ TRIS & ARX	YOGA	LEGS/BACK & ARX	KENPO-X	REST OR X-STRETCH
WK	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
7	CORE SYNERGISTICS	CARDIO-X	CHEST/ SHOULDERS/ TRIS & ARX	YOGA	LEGS/BACK & ARX	KENPO-X	REST OR X-STRETCH
WK	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
8	YOGA	CORE SYNERGISTICS	KENPO-X	X-STRETCH	CARDIO-X	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 & ARX	CARDIO-X	SHOULDERS/ ARMS & ARX	YOGA	CORE SYNERGISTICS	KENPO-X	REST OR X-STRETCH
WK	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
10	CHEST/ SHOULDERS/ TRIS & ARX	CARDIO-X	BACK/BICEPS & ARX	YOGA	CORE SYNERGISTICS	KENPO-X	REST OR X-STRETCH
WK	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
11	CHEST/BACK & ARX	CARDIO-X	SHOULDERS/ ARMS & ARX	YOGA	CORE SYNERGISTICS	KENPO-X	REST OR X-STRETCH
WK	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
12	CHEST/ SHOULDERS/ TRIS & ARX	CARDIO-X	BACK/BICEPS & ARX	YOGA	CORE SYNERGISTICS	KENPO-X	REST OR X-STRETCH
WK	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91
13	YOGA	CORE SYNERGISTICS	KENPO-X	X-STRETCH	CARDIO-X	YOGA-X	REST OR X-STRETCH RECORD

VERSION 1.0

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RECORD = TAKE PICTURES AND MEASUREMENTS