

P90X3™ FOCUS T25™

HYBRID (Alpha/Beta)

WEEK	BLOCK 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	The Challenge	Cardio	CVX	X3 Yoga	Total Synergistics	Speed 1.0 and Ab Intervals	Dynamix/Rest
2	The Challenge	Cardio	CVX	X3 Yoga	Lower Focus	Speed 1.0 and Ab Intervals	T25 Stretch/Rest
3	The Challenge	Cardio	CVX	X3 Yoga	Total Synergistics	Speed 1.0 and Ab Intervals	Dynamix/Rest
4	Total Body Circuit	Cardio	Speed 1.0	X3 Yoga	Total Body Circuit	Cardio	T25 Stretch/Rest
WEEK	BLOCK 2						
5	Incinerator	Cardio	Eccentric Upper	X3 Yoga	Lower Focus	Speed 1.0 and Ab Intervals	Dynamix/Rest
6	Incinerator	Cardio	Eccentric Upper	X3 Yoga	Total Synergistics	Speed 1.0 and Ab Intervals	T25 Stretch/Rest
7	Incinerator	Core Cardio	Eccentric Upper	X3 Yoga	Lower Focus	Speed 2.0 and Ab Intervals	Dynamix/Rest
8	Rip-T-Circuit	Cardio	Speed 1.0	X3 Yoga	Rip-T-Circuit	Cardio	T25 Stretch/Rest
WEEK	BLOCK 3						
9	The Challenge	Core Cardio	CVX	X3 Yoga	Total Synergistics	Speed 2.0 and Dynamic Core	Dynamix/Rest
10	Upper Focus	Core Cardio	Eccentric Upper	X3 Yoga	Lower Focus	Speed 2.0 and Dynamic Core	T25 Stretch/Rest
11	Upper Focus	Core Cardio	CVX	X3 Yoga	Total Synergistics	Speed 2.0 and Dynamic Core	Dynamix/Rest
12	Incinerator	Core Cardio	Eccentric Upper	X3 Yoga	Lower Focus	Speed 2.0 and Dynamic Core	T25 Stretch/Rest
13	Rip-T-Circuit	Cardio	Speed 2.0	X3 Yoga	Rip-T-Circuit	Core Cardio	Party!!!

Chad Pink | ZILLAFITNESS.COM

Need Accountability? *Ask me* about joining a challenge group today!

BONUS - Get entered to win a **FREE P90X®** Extreme Training System! (\$119.85 Value)

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