



P90X/ASYLUM HYBRID

BY TEAM BEACHBODY COACH CHAD PINK

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DAY	WORKOUT(S)	DAY	WORKOUT(S)
1	CHEST & BACK AB RIPPER X	16	VERTICAL PLYO RELIEF
2	VERTICAL PLYO RELIEF	17	SHOULDERS & ARMS AB RIPPER X
3	SHOULDERS & ARMS AB RIPPER X	18	SPEED & AGILITY
4	YOGA X	19	STRENGTH
5	LEGS & BACK RELIEF	20	GAME DAY OVERTIME
6	SPEED & AGILITY AB RIPPER X	21	REST DAY
7	REST DAY	22	STRENGTH
8	BACK & BICEPS AB RIPPER X	23	VERTICAL PLYO RELIEF
9	VERTICAL PLYO RELIEF	24	BACK TO CORE
10	CHEST SHOULDERS & TRICEPS AB RIPPER X	25	SPEED & AGILITY
11	SPEED & AGILITY	26	STRENGTH
12	LEGS & BACK AB RIPPER X	27	GAME DAY OVERTIME
13	GAME DAY OVERTIME	28	YOGA X
14	REST DAY	29	SPEED & AGILITY RELIEF
15	STRENGTH AB RIPPER X	30	FIT TEST