



# CLASSIC

<b>BLOCK 1</b>	WEEK 1	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	CVX	THE WARRIOR	REST OR DYNAMIX
	WEEK 2	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	CVX	THE WARRIOR	REST OR DYNAMIX
	WEEK 3	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	CVX	THE WARRIOR	REST OR DYNAMIX
	WEEK 4 (TRANSITION)	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	CVX	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 2</b>	WEEK 5	ECCENTRIC UPPER	TRIOMETRICS	X3 YOGA	ECCENTRIC LOWER	INCINERATOR	MMX	REST OR DYNAMIX
	WEEK 6	ECCENTRIC UPPER	TRIOMETRICS	X3 YOGA	ECCENTRIC LOWER	INCINERATOR	MMX	REST OR DYNAMIX
	WEEK 7	ECCENTRIC UPPER	TRIOMETRICS	X3 YOGA	ECCENTRIC LOWER	INCINERATOR	MMX	REST OR DYNAMIX
	WEEK 8 (TRANSITION)	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	CVX	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 3</b>	WEEK 9	DECELERATOR	AGILITY X	THE CHALLENGE	X3 YOGA	TRIOMETRICS	TOTAL SYNERGISTICS	REST OR DYNAMIX
	WEEK 10	DECELERATOR	MMX	ECCENTRIC UPPER	TRIOMETRICS	PILATES X	ECCENTRIC LOWER	REST OR DYNAMIX
	WEEK 11	DECELERATOR	AGILITY X	THE CHALLENGE	X3 YOGA	TRIOMETRICS	TOTAL SYNERGISTICS	REST OR DYNAMIX
	WEEK 12	DECELERATOR	MMX	ECCENTRIC UPPER	TRIOMETRICS	PILATES X	ECCENTRIC LOWER	REST OR DYNAMIX
	WEEK 13 (VICTORY)	ISOMETRIX	ACCELERATOR	PILATES X	X3 YOGA	REST OR DYNAMIX	REST OR DYNAMIX	FINAL FIT TEST/PHOTOS

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**LEAN**

<b>BLOCK 1</b>	WEEK 1	ACCELERATOR	THE WARRIOR	X3 YOGA	CVX	ISOMETRIX	AGILITY X	REST OR DYNAMIX
	WEEK 2	ACCELERATOR	THE WARRIOR	X3 YOGA	CVX	ISOMETRIX	AGILITY X	REST OR DYNAMIX
	WEEK 3	ACCELERATOR	THE WARRIOR	X3 YOGA	CVX	ISOMETRIX	AGILITY X	REST OR DYNAMIX
	WEEK 4 (TRANSITION)	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	AGILITY X	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 2</b>	WEEK 5	TRIOMETRICS	THE WARRIOR	X3 YOGA	MMX	INCINERATOR	CVX	REST OR DYNAMIX
	WEEK 6	TRIOMETRICS	THE WARRIOR	X3 YOGA	MMX	INCINERATOR	CVX	REST OR DYNAMIX
	WEEK 7	TRIOMETRICS	THE WARRIOR	X3 YOGA	MMX	INCINERATOR	CVX	REST OR DYNAMIX
	WEEK 8 (TRANSITION)	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	AGILITY X	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 3</b>	WEEK 9	DECELERATOR	MMX	ECCENTRIC LOWER OR COMPLEX LOWER	X3 YOGA	TRIOMETRICS	ECCENTRIC UPPER OR COMPLEX UPPER	REST OR DYNAMIX
	WEEK 10	MMX	DECELERATOR	TRIOMETRICS	PILATES X	DECELERATOR	CVX	REST OR DYNAMIX
	WEEK 11	DECELERATOR	MMX	ECCENTRIC LOWER OR COMPLEX LOWER	X3 YOGA	TRIOMETRICS	ECCENTRIC UPPER OR COMPLEX UPPER	REST OR DYNAMIX
	WEEK 12	MMX	DECELERATOR	TRIOMETRICS	PILATES X	DECELERATOR	CVX	REST OR DYNAMIX
	WEEK 13 (VICTORY)	ISOMETRIX	ACCELERATOR	PILATES X	X3 YOGA	DYNAMIX	REST OR DYNAMIX	FINAL FIT TEST/PHOTOS

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# P90X3™ MASS

<b>BLOCK 1</b>	WEEK 1	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 2	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 3	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 4 (TRANSITION)	ISOMETRIX	DYNAMIX	THE WARRIOR	PILATES X	AGILITY X	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 2</b>	WEEK 5	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 6	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 7	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 8 (TRANSITION)	ISOMETRIX	DYNAMIX	THE WARRIOR	PILATES X	DECELERATOR	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 3</b>	WEEK 9	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 10	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 11	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 12	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 13 (VICTORY)	ISOMETRIX	X3 YOGA	PILATES X	DECELRATOR	ECCENTRIC LOWER	ECCENTRIC UPPER	FINAL FIT TEST/PHOTOS

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# DOUBLES

<b>BLOCK 1</b>	WEEK 1	TOTAL SYNERGISTICS & COLD START	AGILITY & DYNAMIX	X3 YOGA	THE CHALLENGE & COLD START	CVX & DYNAMIX	THE WARRIOR	REST OR DYNAMIX
	WEEK 2	TOTAL SYNERGISTICS & COLD START	AGILITY & DYNAMIX	X3 YOGA	THE CHALLENGE & COLD START	CVX & DYNAMIX	THE WARRIOR	REST OR DYNAMIX
	WEEK 3	TOTAL SYNERGISTICS & COLD START	AGILITY & DYNAMIX	X3 YOGA	THE CHALLENGE & COLD START	CVX & DYNAMIX	THE WARRIOR	REST OR DYNAMIX
	WEEK 4 (TRANSITION)	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	AGILITY X	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 2</b>	WEEK 5	ECCENTRIC UPPER & ACCELERATOR	TRIOMETRICS & DYNAMIX	X3 YOGA	ECCENTRIC LOWER & CVX	INCINERATOR & ISOMETRIX	MMX & DYNAMIX	REST OR DYNAMIX
	WEEK 6	ECCENTRIC UPPER & ACCELERATOR	TRIOMETRICS & DYNAMIX	X3 YOGA	ECCENTRIC LOWER & CVX	INCINERATOR & ISOMETRIX	MMX & DYNAMIX	REST OR DYNAMIX
	WEEK 7	ECCENTRIC UPPER & ACCELERATOR	TRIOMETRICS & DYNAMIX	X3 YOGA	ECCENTRIC LOWER & CVX	INCINERATOR & ISOMETRIX	MMX & DYNAMIX	REST OR DYNAMIX
	WEEK 8 (TRANSITION)	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	AGILITY X & DYNAMIX	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 3</b>	WEEK 9	DECELERATOR & ACCELERATOR	MMX & PILATES X	*THE CHALLENGE OR COMPLEX UPPER & X3 AB RIPPER OR DYNAMIX	X3 YOGA & AGILITY	TRIOMETRICS & ISOMETRIX	*TOTAL SYNERGISTICS OR COMPLEX LOWER & X3 AB RIPPER OR DYNAMIX	REST OR DYNAMIX
	WEEK 10	DECELERATOR & ACCELERATOR	CVX & PILATES X	ECCENTRIC UPPER & MMX	TRIOMETRICS & ISOMETRIX	X3 YOGA & CVX	ECCENTRIC LOWER & DYNAMIX	REST OR DYNAMIX
	WEEK 11	DECELERATOR & ACCELERATOR	MMX & PILATES X	*THE CHALLENGE OR COMPLEX UPPER & X3 AB RIPPER OR DYNAMIX	X3 YOGA & AGILITY	TRIOMETRICS & ISOMETRIX	*TOTAL SYNERGISTICS OR COMPLEX LOWER & X3 AB RIPPER OR DYNAMIX	REST OR DYNAMIX
	WEEK 12	DECELERATOR & ACCELERATOR	CVX & PILATES X	ECCENTRIC UPPER & MMX	TRIOMETRICS & ISOMETRIX	X3 YOGA & CVX	ECCENTRIC LOWER & DYNAMIX	REST OR DYNAMIX
	WEEK 13 (VICTORY)	ISOMETRIX	ACCELERATOR	PILATES X	X3 YOGA	DYNAMIX	REST OR DYNAMIX	FINAL FIT TEST/PHOTOS

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\*COMPLEX UPPER, COMPLEX LOWER AND X3 AB RIPPER ARE PART OF THE P90X3 ELITE SERIES AVAILABLE AT P90X3ELITE.ZILLAFITNESS.COM



# ELITE

<b>BLOCK 1</b>	WEEK 1	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 2	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 3	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 4 (TRANSITION)	ISOMETRIX	DYNAMIX	THE WARRIOR	PILATES X	AGILITY X	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 2</b>	WEEK 5	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 6	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 7	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 8 (TRANSITION)	ISOMETRIX	DYNAMIX	THE WARRIOR	PILATES X	DECELERATOR	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 3</b>	WEEK 9	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 10	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 11	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
	WEEK 12	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
	WEEK 13 (VICTORY)	ISOMETRIX	PILATES X	PILATES X	X3 YOGA	REST OR DYNAMIX	REST OR DYNAMIX	FINAL FIT TEST/PHOTOS

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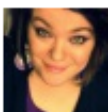
# ELITE DOUBLES

<b>BLOCK 1</b>	WEEK 1	TOTAL SYNERGISTICS & COLD START	AGILITY & DYNAMIX	X3 YOGA	THE CHALLENGE & COLD START	CVX & DYNAMIX	THE WARRIOR	REST OR DYNAMIX
	WEEK 2	TOTAL SYNERGISTICS & COLD START	AGILITY & DYNAMIX	X3 YOGA	THE CHALLENGE & COLD START	CVX & DYNAMIX	THE WARRIOR	REST OR DYNAMIX
	WEEK 3	TOTAL SYNERGISTICS & COLD START	AGILITY & DYNAMIX	X3 YOGA	THE CHALLENGE & COLD START	CVX & DYNAMIX	THE WARRIOR	REST OR DYNAMIX
	WEEK 4 (TRANSITION)	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	AGILITY X	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 2</b>	WEEK 5	ECCENTRIC UPPER & ACCELERATOR	TRIOMETRICS & DYNAMIX	X3 YOGA	ECCENTRIC LOWER & CVX	INCINERATOR & ISOMETRIX	MMX & DYNAMIX	REST OR DYNAMIX
	WEEK 6	ECCENTRIC UPPER & ACCELERATOR	TRIOMETRICS & DYNAMIX	X3 YOGA	ECCENTRIC LOWER & CVX	INCINERATOR & ISOMETRIX	MMX & DYNAMIX	REST OR DYNAMIX
	WEEK 7	ECCENTRIC UPPER & ACCELERATOR	TRIOMETRICS & DYNAMIX	X3 YOGA	ECCENTRIC LOWER & CVX	INCINERATOR & ISOMETRIX	MMX & DYNAMIX	REST OR DYNAMIX
	WEEK 8 (TRANSITION)	ISOMETRIX	DYNAMIX	ACCELERATOR	PILATES X	AGILITY X & DYNAMIX	X3 YOGA	REST OR DYNAMIX
<b>BLOCK 3</b>	WEEK 9	DECELERATOR & ACCELERATOR	MMX & PILATES X	*THE CHALLENGE OR COMPLEX UPPER & X3 AB RIPPER OR DYNAMIX	X3 YOGA & AGILITY	TRIOMETRICS & ISOMETRIX	*TOTAL SYNERGISTICS OR COMPLEX LOWER & X3 AB RIPPER OR DYNAMIX	REST OR DYNAMIX
	WEEK 10	DECELERATOR & ACCELERATOR	CVX & PILATES X	ECCENTRIC UPPER & MMX	TRIOMETRICS & ISOMETRIX	X3 YOGA & CVX	ECCENTRIC LOWER & DYNAMIX	REST OR DYNAMIX
	WEEK 11	DECELERATOR & ACCELERATOR	MMX & PILATES X	*THE CHALLENGE OR COMPLEX UPPER & X3 AB RIPPER OR DYNAMIX	X3 YOGA & AGILITY	TRIOMETRICS & ISOMETRIX	*TOTAL SYNERGISTICS OR COMPLEX LOWER & X3 AB RIPPER OR DYNAMIX	REST OR DYNAMIX
	WEEK 12	DECELERATOR & ACCELERATOR	CVX & PILATES X	ECCENTRIC UPPER & MMX	TRIOMETRICS & ISOMETRIX	X3 YOGA & CVX	ECCENTRIC LOWER & DYNAMIX	REST OR DYNAMIX
	WEEK 13 (VICTORY)	ISOMETRIX	ACCELERATOR	PILATES X	X3 YOGA	DYNAMIX	REST OR DYNAMIX	FINAL FIT TEST/PHOTOS

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## NEED MORE ACCOUNTABILITY?



**Stephanie Payne** - CEO & Founder at Paint the Day

Oh my... Let me tell you this: Without the help of my coach Chad and the challenge group he ran I'd still be sitting on the couch eating a bag of potato chips watching The Biggest Loser and wondering why can't that be me. I'm serious.

By having to report in everyday I became accountable for my actions. I had to answer to SOMEONE on whether I did good or bad – and on some days.. well, I did the workout for the simple reason that I didn't want to upset anyone who was counting on me. Might not have been the best reason, but it was good for someone like me in the beginning.

I even gathered the strength to share my photos exposing the truth of what I hid under the right kind of clothes to the world through these amazing people. I'd have never done that otherwise.

These people have become my friends and people I can rely on, confide in. I've joined another in hopes of making even more friends as I become a healthier person. Challenge groups WORK! I wouldn't change the decision to join if I had the chance to do it over again.

Chad held me accountable. He called me out if he saw I wasn't reporting or knew I could do better. He educated me on my diet; gave me tips on ways to improve it. He supported me when I was feeling hopeless and was happy for me when I had success. Anything I asked he answered; and if he didn't have an answer, he found one. I don't think I could have done this program or the next one if I didn't have him support me.

I know it depends on the person, but having someone behind you saying they believe in you and giving you a hand when you stumble is something I never had through my life, and that is why I finally am succeeding. I have someone like that now.

I will never forget what my coach has done for me, for my future.

EMAIL ME AT [CHAD@ZILLAFITNESS.COM](mailto:CHAD@ZILLAFITNESS.COM)  
FOR MORE INFORMATION ON MY EXCLUSIVE  
ACCOUNTABILITY GROUPS. THESE GROUPS  
ARE A TRIED AND TRUE PROCESS TO HELP  
KEEP YOU ON THE PATH TO GREATER  
HEALTH AND FITNESS! LEVERAGE THE  
POWER OF GROUP ACCOUNTABILITY AND  
EVEN A LITTLE BIT OF PEER PRESSURE.  
THE FACT IS APPROXIMATELY 70% OF  
PEOPLE THAT START A NEW FITNESS  
PROGRAM, QUIT! THE RESPONSIBILITY OF  
REPORTING TO A SMALL GROUP OF PEOPLE  
GOING THROUGH THE SAME STRUGGLES  
WILL GREATLY INCREASE YOUR CHANCES  
FOR SUCCESS!



## **I AM CURRENTLY LOOKING FOR MOTIVATED PEOPLE TO JOIN MY TEAM OF BEACHBODY COACHES!**

**WHETHER YOU'RE ALREADY A "PRODUCT OF THE PRODUCT"—SOMEONE WHO'S FOUND SUCCESS THROUGH ONE OF OUR WORLD-CLASS FITNESS SOLUTIONS**

**OR PRODUCTS—OR WHETHER YOU WERE INSPIRED BY WATCHING A FRIEND OR FAMILY MEMBER TRANSFORM THEIR LIVES THE SAME WAY, BECOMING A COACH WILL REWARD YOU IN WAYS YOU NEVER THOUGHT POSSIBLE—PHYSICALLY, PERSONALLY, AND FINANCIALLY.**

- **WORK FROM HOME**
- **BE YOUR OWN BOSS**
- **SET YOUR OWN SCHEDULE**
- **CHANGE LIVES**
- **LUCRATIVE COMPENSATION PLAN**

**IF YOU ARE INTERESTED IN JOINING MY TEAM, PLEASE EMAIL ME NOW!— [CHAD@ZILLAFITNESS.COM](mailto:CHAD@ZILLAFITNESS.COM)**