

P90X[®] FOCUS T25™ HYBRID

(ALPHA/BETA)

PHASE 1							
WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	CHEST/BACK/ABS	LOWER FOCUS	SHOULDERS/ARMS & ABS	*YOGA	LEGS/BACK & ABS	CARDIO	REST OR T25 STRETCH
WK	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2	CHEST/BACK/ABS	SPEED 1.0	SHOULDERS/ARMS & ABS	*YOGA	LEGS/BACK & ABS	CARDIO	REST OR T25 STRETCH
WK	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
3	CHEST/BACK/ABS	LOWER FOCUS	SHOULDERS/ARMS & ABS	*YOGA	LEGS/BACK & ABS	SPEED 1.0	REST OR T25 STRETCH
WK	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
4	*YOGA	TOTAL BODY CIRCUIT	KENPO	X-STRETCH	AB INTERVALS	*YOGA	REST OR T25 STRETCH RECORD
PHASE 2							
WK	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
5	CHEST/SHOULDERS/TRIS & ABS	LOWER FOCUS	BACK/BICEPS & ABS	*YOGA	LEGS/BACK & ABS	CARDIO	REST OR T25 STRETCH
WK	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
6	CHEST/SHOULDERS/TRIS & ABS	SPEED 1.0	BACK/BICEPS & ABS	*YOGA	LEGS/BACK & ABS	CARDIO	REST OR T25 STRETCH
WK	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
7	CHEST/SHOULDERS/TRIS & ABS	LOWER FOCUS	BACK/BICEPS & ABS	*YOGA	LEGS/BACK & ABS	SPEED 2.0	REST OR T25 STRETCH
WK	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
8	*YOGA	DYNAMIC CORE	KENPO	T25 STRETCH	CORE CARDIO	*YOGA	REST OR T25 STRETCH RECORD
PHASE 3							
WK	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
9	UPPER FOCUS	PLYOMETRICS	SHOULDERS/ARMS & ABS	*YOGA	LEGS/BACK & ABS	SPEED 2.0	REST OR T25 STRETCH
WK	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
10	CHEST/SHOULDERS/TRIS & ABS	DYNAMIC CORE	BACK/BICEPS & ABS	*YOGA	LEGS/BACK & ABS	CORE CARDIO	REST OR T25 STRETCH
WK	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
11	CHEST/BACK & ABS	PLYOMETRICS	UPPER FOCUS	*YOGA	LOWER FOCUS	KENPO	REST OR T25 STRETCH
WK	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
12	UPPER FOCUS	DYNAMIC CORE	BACK/BICEPS & ABS	*YOGA	LEGS/BACK & ABS	SPEED 2.0	REST OR T25 STRETCH
WK	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91
13	*YOGA	RIP IT CIRCUIT	CORE CARDIO	X-STRETCH	RIP IT CIRCUIT	*YOGA	REST OR T25 STRETCH RECORD

RECORD = TAKE PICTURES AND MEASUREMENTS | BLACK = P90X WORKOUTS | ORANGE = T25 WORKOUTS

*YOGA is crucial to your success! P90X Yoga is ideal but you can occasionally substitute one of the dozens of shorter yoga workouts from [Beachbody on Demand](#) to save time.