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P90x3 classic workout schedule pdf online free

P90X + CLASSIC

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Total Synergistics & Cold Start	Agility X & Dynamic	X3 Yoga	The Challenge & Cold Start	CVX & Dynamic	The Warrior
Week 2	Total Synergistics & Cold Start	Agility X & Dynamic	X3 Yoga	The Challenge & Cold Start	CVX & Dynamic	The Warrior
Week 3	Total Synergistics & Cold Start	Agility X & Dynamic	X3 Yoga	The Challenge & Cold Start	CVX & Dynamic	The Warrior
Week 4	Isometric	Dynamic	Accelerator	Pilates X	Agility X	X3 Yoga

P90X3							DOUBLES SCORE	
BLOCK 1							Body Fat%	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weight	Weight	
Week 1	Total Synergistics & Cold Start	Agility X & Dynamic	X3 Yoga	The Challenge & Cold Start	CVX & Dynamic	The Warrior		
Week 2	Total Synergistics & Cold Start	Agility X & Dynamic	X3 Yoga	The Challenge & Cold Start	CVX & Dynamic	The Warrior		
Week 3	Total Synergistics & Cold Start	Agility X & Dynamic	X3 Yoga	The Challenge & Cold Start	CVX & Dynamic	The Warrior		
Week 4	Isometric	Dynamic	Accelerator	Pilates X	Agility X	X3 Yoga		

P90X - P90X+ - Tony Horton One on One "Tribid"

Phase	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 1	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
PHASE 2	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
PHASE 3	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch

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	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch
	Chest & Back, Ab Ripper 1	Shoulder & Arms, Ab Ripper 2	Forearm of Youth Taps	Legs and Back, Ab Ripper 3	Kenpo Cardio Plus	Rest or 8.5munch	Rest or 8.5munch

P90X3 WORKSHEET • COMPLEX UPPER

DATE / WEEK

WARM-UP

COMPLEX (4 rounds of 5 exercises)

ROUND	Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
ROUND 1	01 Slow Mo Chin-Ups (12 reps)	R	R	R	R	R	R	R
	02 X Piyo Push-Ups (8 reps)	R	R	R	R	R	R	R
	03 Lunge Thrust Press (12 reps)	R	WT	R	WT	R	WT	R
	04 W Pull-Ups (12 reps)	R	R	R	R	R	R	R
	05 Push-Up Bird Dog Crunch (12 reps)	R	R	R	R	R	R	R
ROUND 2	01 Slow Mo Chin-Ups (12 reps)	R	R	R	R	R	R	R
	02 X Piyo Push-Ups (8 reps)	R	R	R	R	R	R	R
	03 Lunge Thrust Press (12 reps)	R	WT	R	WT	R	WT	R
	04 W Pull-Ups (12 reps)	R	R	R	R	R	R	R
	05 Push-Up Bird Dog Crunch (12 reps)	R	R	R	R	R	R	R
ROUND 3	01 Slow Mo Chin-Ups (12 reps)	R	R	R	R	R	R	R
	02 X Piyo Push-Ups (8 reps)	R	R	R	R	R	R	R
	03 Lunge Thrust Press (12 reps)	R	WT	R	WT	R	WT	R
	04 W Pull-Ups (12 reps)	R	R	R	R	R	R	R
	05 Push-Up Bird Dog Crunch (12 reps)	R	R	R	R	R	R	R
ROUND 4	01 Slow Mo Chin-Ups (12 reps)	R	R	R	R	R	R	R
	02 X Piyo Push-Ups (8 reps)	R	R	R	R	R	R	R
	03 Lunge Thrust Press (12 reps)	R	WT	R	WT	R	WT	R
	04 W Pull-Ups (12 reps)	R	R	R	R	R	R	R
	05 Push-Up Bird Dog Crunch (12 reps)	R	R	R	R	R	R	R
BURNOUT								
COOLDOWN								

REPS + R / WEIGHT + WT

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BEACHBODY

Here's a brief summary of each. Because of the intensity it's also recommended that you stick to your stretch routine in order to keep limbs and muscles supple and less prone to injury. You'll be taken through a range of jumping motions that will be working the lower body mainly. Triometrics Here, intensity is increased with almost twenty different moves done at three different levels. Here you'll be doing standard push-ups and pull-ups in the process, as well as chin-ups. This will be done in the morning. Here, the beauty of the program is not only does it have the opportunity to help those of you looking to ripped do but also focuses on all core exercise areas of the body which include Strength training, Plyometrics, stretching and even yoga. CVX This schedule carries on with the cardio focus but includes weight training. P90X3 workouts are designed to run in circuits. Shoulders & arms training - 50 minutes plus. Day three is for the shoulders and arms, and yet another ab ripper. Day 5 - AM: Cardio exercises; PM: Back & legs exercises. One hour of training begins with a long warm-up. Day 6 - Kickboxing. The object of the exercise is to create a more focused motion whereby you're pulling in more muscle fibers in the process. Day 2 - Plyometrics. Classic Schedule Included 1st 3 weeks The good thing about the first three weeks on this classic schedule is that you're going to be doing something different each and every day. Day 6 - Kenpo-style kickboxing Day 7 - Rest. Having a schedule to work through might also make it a little easier to maintain a vigorous training routine which might require up to six days of daily training. Day 3 - Kickboxing. Isometric Emphasis is placed on working both sides of the body, combining different maneuvers such as left arm reaches, standing left leg extensions and forearm side balances. Day 3 - Shoulders & arms exercises. You're also required to do what Horton calls stabilization training that force both brain and muscles to work together. You're required to move through each exercise with little rest and recuperation in-between. This schedule now includes four groups of two exercises each. It also provides you with added variety throughout what is likely to be an intense P90X3 training week, with each yoga session lasting no more than thirty minutes. But you'll be required to work via your DVD instructor to carry out what he calls twist and pivot, foot pursuit, X jacks and balanced burpees. Warrior Four rounds of exercises in just thirty minutes combining core, cardio and upper body exercises. And there's every possibility that the trainer will burn off more calories than would have been the case during conventional weight lifting. The Challenge Not for nothing has this workout section been branded thus. Accelerator This schedule requires you to carry out a number of customised body movements. According to program creator, Tony Horton, it's a high-grade volume of resistance training which requires you to utilize more than one muscle group at the same time. Here, you won't be focused on building muscles. On your rest day you'll be doing stretching exercises. Scientific research shows that those workout programs that bring more variety to the table derive more benefits than those that are routine. Eccentric Upper Focusing on the upper half of the body, you're required to complete each move in only ten reps. Yoga - absorbs all energy, good breathing and relaxation techniques and a good way to reduce stress. Day 6 - Repeat Day 1. P90X3 is not for the faint-hearted, not ideal for beginners. The fourth day of training switches to yoga classes. The plyometrics + package is rewarding because you're introduced to yoga and kickboxing. But in the evening you'll be doing cardiovascular exercises. Stretching exercises remain important, and cardio fitness exercises are included. Sample P90X Maintenance Schedules Remain Challenging The Plyometrics workout has been described as the 'most intense' out of the entire P90X system. This schedule requires you to get through a minimum of three resistance workouts. It has never been easy for mind and body to discipline itself for daily exercise. Day 1 - Chest & back exercises. So, to give a quick overview for those that are not familiar about the p90x3 workout here's a brief description of what it covers and what the differences are between p90x and p90x3. Sample Two may just work for the Beginners The Beach Body package remains challenging for beginners. This is probably going to be the toughest of the three P90X schedules featured in this article. Synergistic moves do, however, combine your own jumping jacks, twists and pivots, arm circles and double knee pulls. 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With Dynamix, you're doing leg and adductor lifts, as well as forearm planks. To help you along your 3 month journey you also get the use of a handy nutritional guide and workout calendar to track your journey and aid in your own fitness goals through the period. Sample One Is Intense Whichever schedule you elect to begin with, you'll be training non-stop for a full ninety days. Day 5 - Repeat Day 2. Here you only need one small dumbbell and a light-weight medicine ball. There's little rest in-between workout stations. What Is The P90X Double Schedule About? You'll also be using an exercise mat with a soft landing surface. Once you're actively working through the p90x3 workout schedule, not only will you be shredding pounds, building muscle mass and increasing your strength. The second month of training sees you moving on to strength training. Day 3 - AM: Cardio exercises; PM: Back & biceps exercises. With the X jacks, you'll be carrying out two different styles of jumping jacks. There's less focus on cardiovascular exercise, but if you're using the P90X3 Elite workout schedule then cardio can be included. But if you're been challenged for balance and coordination then you'll need time to master these exercises. If you're able to get through all twenty-plus exercises, in thirty minutes, Horton believes you can rid yourself of over two-hundred odd calories. The p90x3 workout schedule consists of 16 well-structured and organised workouts that has been put together by fitness expert Tony Horton. You'll also be taking your time with these reps. Here's A Sample Of Your First Week Of Training. Plenty of cardio work is included in the workout. Schedules are flexible and can be adjusted. Day 7 - Rest & stretch. First Double Phase - 3 weeks Day 1 - Chest & back exercises. The easy scheduling of weekly workout activities makes this possible. Day 7 - Rest and/or stretching. Mastering the moves may require time. Warm-ups include jumping jacks, double knee pulls, arm circles and quad pulls and real time martial arts moves include high-low jabs, hooks, uppercuts and triple jabs. Day 5 - Legs & back exercises. Day 4 - Yoga. Day 4 - Stretching. For instance, once you've achieved burn-outs from doing your chin-ups, there'll be no let-up and you'll be required to lunge straight into the next routine. Phase 1 - Fourth Week Of Training Day 1 - Yoga. Day 6 - Kenpo kickboxing. For the remainder of the week bar one, you'll be required to do cardiovascular and yoga work. Here two sample phases out of the entire ninety days of 'double' training is listed. The focus here is to help you increase your power, performance and speed. Now below is copy of my p90x3 workout schedule I have put together. While the workout schedules are varied, new moves are continuously being introduced and the body is never able to fully adapt. Here's What You Need To Get Lean Cardiovascular activity becomes more intense. Kickboxing - A great way to relieve yourself of frustration. And the schedule changes every three or four weeks. Day 2 - Core exercises. Stretching Stretching exercises will always be important because it is what helps keep the body elastic and free of injury. On the very first day of training you'll be getting your abs ripped and rolling into chest and back exercises. Decelerator To do pull-up exercises under this category, you can be utilizing the pull-up bar or pull-up assist band, or both. The original P90X concept is based on the intent to 'sow muscle confusion'. This is deliberately tough, and keeps the heart rate up. Pilates X moves require you to be on your back, curling your chin upwards and extending your legs outwards at forty-five degree angles to the floor. In the latter movement, you'll be coming out in a low squat and extending your legs out into a plank formation. During these workouts you'll be utilizing barbells, dumbbells, free weights, resistance bands, exercise balls and pull up bars. Apart from the stretch routine, you're given a healthy dose of push-ups, sit-ups and pull-ups. AquiltyX This routine includes 'creative' exercises. Day 2 - Cardiovascular workout. Why A 90 Day High Intensity Workout? If you enjoyed that article and want to get serious about your fitness goals, then check out my guide that I've put together and allowing you guys to have access below. Do not attempt these if you're currently dealing with ankle, lower back, hip and knee issues. Second Double Phase - 3 weeks (5 to 7) Day 1 - AM: Cardiovascular exercises; PM: Chest, shoulders & triceps exercises. Another day, it will be your shoulders and arms, legs and back, switching back to the chest, shoulders and triceps. Each exercise included in this routine, with its number of reps set, will need to be repeated at least once. The purpose of the exercise is to get lean and burn off as much fat as possible. Which P90X3 Schedule Should You Be Following? Your main workout sees you doing squats and lunges, in which cases the reps are also restricted to ten. The original P90X workout program remains one of the best ways to add form and structure to the exercise component of a busy lifestyle. Mass Is For Bulking but Elite Is For Power Use the Mass Workout schedule to focus on building muscle mass. For instance, you'll be doing a variety of pull-ups and push-ups. But the challenges are lightened thanks to the variety added. The routine is focused on boosting cardiovascular fitness. Two stretch routines in the form of Dynamix Moves and Pilates X are included. The strength training package, for instance, Day 1 - Chest & back exercises. So, to give a quick overview for those that are not familiar about the p90x3 workout here's a brief description of what it covers and what the differences are between p90x and p90x3. 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