

P90X Workout Schedule

- Week 1-3
- Day 1 – Chest and Back
 - Day 2 – Plyometrics
 - Day 3 – Shoulders and Arms
 - Day 4 – Yoga X
 - Day 5 – Legs and Back
- Week 4
- Day 1 – Yoga X
 - Day 2 – Core Synergistics
 - Day 3 - Kenpo X
 - Day 4 – X Stretch
 - Day 5 – Core Synergistics
- Week 5-7
- Day 1 – Chest, Shoulders and Triceps
 - Day 2 – Plyometrics
 - Day 3 – Back and Biceps
 - Day 4 – Yoga X
 - Day 5 – Legs and Back
- Week 8
- Day 1 – Yoga X
 - Day 2 – Core Synergistics
 - Day 3 – Kenpo X
 - Day 4 – X Stretch
 - Day 5 – Core Synergistics
- Week 9
- Day 1 – Chest and Back
 - Day 2 – Cardio X
 - Day 3 – Shoulders and Arms
 - Day 4 – Yoga X
 - Day 5 – Core Synergistics
- Week 10
- Day 1 – Chest, Shoulders and Triceps
 - Day 2 – Cardio X
 - Day 3 – Back and Biceps
 - Day 4 – Yoga X
 - Day 5 – Core Synergistics
- Week 11
- Day 1 – Chest and Back
 - Day 2 – Cardio X
 - Day 3 – Shoulders and Arms
 - Day 4 – Yoga X
 - Day 5 – Core Synergistics
- Week 12
- Day 1 – Chest, Shoulders and Triceps
 - Day 2 – Cardio X
 - Day 3 – Back and Biceps

P90X Workout Schedule

Day 4 – Yoga X

Day 5 – Core Synergistics

Week 13

Day 1 - Yoga X

Day 2 – Core Synergistics

Day 3 – Kenpo X

Day 4 – X Stretch

Day 5 – Cardio X