

# P90X3 - CLASSIC



## BLOCK 1 WEEKS 1-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	ISOMETRICS	DYNAMIX	ACCELERATOR	PILATES X	CVX	X3 YOGA	REST OR DYNAMIX
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## BLOCK 2 WEEKS 5-7

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	ISOMETRICS	DYNAMIX	ACCELERATOR	PILATES X	CVX	X3 YOGA	REST OR DYNAMIX
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## BLOCK 3 WEEKS 9-12

WEEK 9	DECELERATOR	AGILITY X	THE CHALLENGE OR COMPLEX UPPER	X3 YOGA	TRIOMETRICS	TOTAL SYNERGISTICS OR COMPLEX UPPER	REST OR DYNAMIX
WEEK 10	DECELERATOR	MMX	ECCENTRIC UPPER	TRIOMETRICS	PILATES X	ECCENTRIC LOWER	REST OR DYNAMIX
WEEK 11	DECELERATOR	AGILITY X	THE CHALLENGE OR COMPLEX UPPER	X3 YOGA	TRIOMETRICS	TOTAL SYNERGISTICS OR COMPLEX UPPER	REST OR DYNAMIX
WEEK 12	DECELERATOR	MMX	ECCENTRIC UPPER	TRIOMETRICS	PILATES X	ECCENTRIC LOWER	REST OR DYNAMIX

WEEK 13 VICTORY	ISOMETRICS	ACCELERATOR	PILATES X	X3 YOGA	DYNAMIX	REST OR DYNAMIX	FINAL FIT TEST & PHOTO SHOOT
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