

P90X3 - LEAN



BLOCK 1 WEEKS 1-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	ACCELERATOR	THE WARRIOR	X3 YOGA	CVX	ISOMETRICS	AGILITY X	REST OR DYNAMIX
WEEK 2	ACCELERATOR	THE WARRIOR	X3 YOGA	CVX	ISOMETRICS	AGILITY X	REST OR DYNAMIX
WEEK 3	ACCELERATOR	THE WARRIOR	X3 YOGA	CVX	ISOMETRICS	AGILITY X	REST OR DYNAMIX

WEEK 4 TRANSITION	ISOMETRICS	DYNAMIX	ACCELERATOR	PILATES X	AGILITY X	X3 YOGA	REST OR DYNAMIX
----------------------	------------	---------	-------------	-----------	-----------	---------	-----------------

BLOCK 2 WEEKS 5-7

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	ISOMETRICS	DYNAMIX	ACCELERATOR	PILATES X	AGILITY X	X3 YOGA	REST OR DYNAMIX
----------------------	------------	---------	-------------	-----------	-----------	---------	-----------------

BLOCK 3 WEEKS 9-12

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	ISOMETRICS	ACCELERATOR	PILATES X	X3 YOGA	DYNAMIX	REST OR DYNAMIX	FINAL FIT TEST & PHOTO SHOOT
--------------------	------------	-------------	-----------	---------	---------	-----------------	------------------------------