



BEAST90X HYBRID SCHEDULE



PHASE 1

3 weeks: 6 days on, 1 day off

WEEK 1:

DAY 1 **BUILD:** Chest/Tris, **P90X:** Ab Ripper-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BUILD:** Back/Bis, **P90X:** Ab Ripper-X
 DAY 4 **P90X:** Cardio-X
 DAY 5 **BUILD:** Shoulders, Ab Ripper-X
 DAY 6 **BUILD:** Legs
 DAY 7 **REST** or **P90X:** X-Stretch

WEEK 2:

DAY 1 **BUILD:** Chest/Tris, **P90X:** Ab Ripper-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BUILD:** Back/Bis, **P90X:** Ab Ripper-X
 DAY 4 **BEAST:** Cardio-X
 DAY 5 **BUILD:** Shoulders
 DAY 6 **P90X:** Legs & Back, Ab Ripper-X
 DAY 7 **REST** or **P90X:** X-Stretch

WEEK 3:

DAY 1 **BUILD:** Chest/Tris, **P90X:** Ab Ripper-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BUILD:** Back/Bis, **P90X:** Ab Ripper-X
 DAY 4 **BEAST:** Cardio-X
 DAY 5 **BUILD:** Shoulders
 DAY 6 **P90X:** Legs & Back, Ab Ripper-X
 DAY 7 **REST** or **P90X:** X-Stretch

RECOVERY WEEK

1 week: 6 days on, 1 day off

WEEK 4:

DAY 1 **P90X:** Yoga-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BEAST:** Cardio and **BEAST:** Abs
 DAY 4 **P90X:** Kenpo X
 DAY 5 **P90X:** Core Synergistics
 DAY 6 **P90X:** Cardio-X
 DAY 7 **REST** or **P90X:** X-Stretch

PHASE 2

3 weeks: 6 days on, 1 day off

WEEK 5:

DAY 1 **BULK:** Chest, **P90X:** Ab Ripper-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BULK:** Back, **P90X:** Ab Ripper-X
 DAY 4 **BULK:** Shoulders
 DAY 5 **BULK:** Arms, Ab Ripper-X
 DAY 6 **BULK:** Legs
 DAY 7 **REST** or **P90X:** X-Stretch

WEEK 6:

DAY 1 **BULK:** Chest, **P90X:** Ab Ripper-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BULK:** Back, **P90X:** Ab Ripper-X
 DAY 4 **BULK:** Shoulders
 DAY 5 **BULK:** Arms, Ab Ripper-X
 DAY 6 **BULK:** Legs
 DAY 7 **REST** or **P90X:** X-Stretch

WEEK 7:

DAY 1 **BULK:** Chest, **P90X:** Ab Ripper-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BULK:** Back, **P90X:** Ab Ripper-X
 DAY 4 **BULK:** Shoulders
 DAY 5 **BULK:** Arms, Ab Ripper-X
 DAY 6 **BULK:** Legs
 DAY 7 **REST** or **P90X:** X-Stretch

RECOVERY WEEK

1 week: 6 days on, 1 day off

WEEK 8:

DAY 1 **P90X:** Yoga-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BEAST:** Cardio and **BEAST:** Abs
 DAY 4 **P90X:** Kenpo X
 DAY 5 **P90X:** Core Synergistics
 DAY 6 **P90X:** Cardio-X
 DAY 7 **REST** or **P90X:** X-Stretch

PHASE 3

4 weeks: 6 days on, 1 day off

WEEK 9 & 11:

DAY 1 **P90X:** Chest & Back, Ab Ripper-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BULK:** Arms, **P90X:** Ab Ripper-X
 DAY 4 **BULK:** Shoulders
 DAY 5 **P90X:** Legs & Back, Ab Ripper-X
 DAY 6 **P90X:** Kenpo-X
 DAY 7 **REST** or **P90X:** X-Stretch

WEEK : 10 & 12

DAY 1 **TEMPO:** Chest/Tris, **P90X:** Ab Ripper-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **TEMPO:** Back/Bis, **P90X:** Ab Ripper-X
 DAY 4 **BULK:** Shoulders
 DAY 5 **P90X:** Legs & Back, Ab Ripper-X
 DAY 6 **P90X:** Kenpo-X
 DAY 7 **REST** or **P90X:** X-Stretch

WEEK 13:

DAY 1 **P90X:** Yoga-X
 DAY 2 **P90X:** Plyometrics
 DAY 3 **BEAST:** Cardio and **BEAST:** Abs
 DAY 4 **P90X:** Kenpo X
 DAY 5 **P90X:** Core Synergistics
 DAY 6 **P90X:** Cardio-X
 DAY 7 **REST** or **P90X:** X-Stretch