

# P90X3 - DOUBLES



## BLOCK 1 WEEKS 1-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	TOTAL SYNERGISTICS & COLD START	AGILITY X & DYNAMIX	X3 YOGA	THE CHALLENGE & COLD START	CVX & DYNAMIX	THE WARRIOR	REST OR DYNAMIX
WEEK 2	TOTAL SYNERGISTICS & COLD START	AGILITY X & DYNAMIX	X3 YOGA	THE CHALLENGE & COLD START	CVX & DYNAMIX	THE WARRIOR	REST OR DYNAMIX
WEEK 3	TOTAL SYNERGISTICS & COLD START	AGILITY X & DYNAMIX	X3 YOGA	THE CHALLENGE & COLD START	CVX & DYNAMIX	THE WARRIOR	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	ECCENTRIC UPPER & ACCELERATOR	TRIOMETRICS & DYNAMIX	X3 YOGA	ECCENTRIC LOWER & CVX	INCINERATOR & ISOMETRICS	MMX & DYNAMIX	REST OR DYNAMIX
WEEK 6	ECCENTRIC UPPER & ACCELERATOR	TRIOMETRICS & DYNAMIX	X3 YOGA	ECCENTRIC LOWER & CVX	INCINERATOR & ISOMETRICS	MMX & DYNAMIX	REST OR DYNAMIX
WEEK 7	ECCENTRIC UPPER & ACCELERATOR	TRIOMETRICS & DYNAMIX	X3 YOGA	ECCENTRIC LOWER & CVX	INCINERATOR & ISOMETRICS	MMX & DYNAMIX	REST OR DYNAMIX
WEEK 8 TRANSITION	ISOMETRICS	DYNAMIX	ACCELERATOR	PILATES X	AGILITY X & DYNAMIX	X3 YOGA	REST OR DYNAMIX

## BLOCK 3 WEEKS 9-12

WEEK 9	DECELERATOR & ACCELERATOR	MMX & PILATES X	THE CHALLENGE OR COMPLEX UPPER & X3 AB RIPPER OR DYNAMIX	X3 YOGA & AGILITY X	TRIOMETRICS & ISOMETRICS	TOTAL SYNERGISTICS OR COMPLEX LOWER & X3 AB RIPPER OR DYNAMIX	REST OR DYNAMIX
WEEK 10	DECELERATOR & ACCELERATOR	CVX & PILATES X	ECCENTRIC UPPER & MMX	TRIOMETRICS & ISOMETRICS	X3 YOGA & CVX	ECCENTRIC LOWER & DYNAMIX	REST OR DYNAMIX
WEEK 11	DECELERATOR & ACCELERATOR	MMX & PILATES X	THE CHALLENGE OR COMPLEX UPPER & X3 AB RIPPER OR DYNAMIX	X3 YOGA & AGILITY X	TRIOMETRICS & ISOMETRICS	TOTAL SYNERGISTICS OR COMPLEX LOWER & X3 AB RIPPER OR DYNAMIX	REST OR DYNAMIX
WEEK 12	DECELERATOR & ACCELERATOR	CVX & PILATES X	ECCENTRIC UPPER & MMX	TRIOMETRICS & ISOMETRICS	X3 YOGA & CVX	ECCENTRIC LOWER & DYNAMIX	REST OR DYNAMIX
WEEK 13 VICTORY	ISOMETRICS	ACCELERATOR	PILATES X	X3 YOGA	DYNAMIX	REST OR DYNAMIX	FINAL FIT TEST & PHOTO SHOOT