

P90X3 - LEAN



BLOCK 1 WEEKS 1-3

DAY 1 - ACCELERATOR
DAY 2 - THE WARRIOR
DAY 3 - X3 YOGA
DAY 4 - CVX
DAY 5 - ISOMETRICS
DAY 6 - AGILITY X
DAY 7 - REST OR DYNAMIX

BLOCK 3 WEEKS 9 & 11

DAY 1 - DECELERATOR
DAY 2 - MMX
DAY 3 - ECCENTRIC LOWER OR COMPLEX LOWER
DAY 4 - X3 YOGA
DAY 5 - TRIOMETRICS
DAY 6 - ECCENTRIC UPPER OR COMPLEX UPPER
DAY 7 - REST OR DYNAMIX

TRANSITION WEEK 4

DAY 1 - ISOMETRICS
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - AGILITY X
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

BLOCK 3 WEEKS 10 & 12

DAY 1 - MMX
DAY 2 - DECELERATOR
DAY 3 - TRIOMETRICS
DAY 4 - PILATES X
DAY 5 - DECELERATOR
DAY 6 - CVX
DAY 7 - REST OR DYNAMIX

BLOCK 2 WEEKS 5-7

DAY 1 - TRIOMETRICS
DAY 2 - THE WARRIOR
DAY 3 - X3 YOGA
DAY 4 - MMX
DAY 5 - INCINERATOR
DAY 6 - CVX
DAY 7 - REST OR DYNAMIX

VICTORY WEEK WEEK 13

DAY 1 - ISOMETRICS
DAY 2 - ACCELERATOR
DAY 3 - PILATES X
DAY 4 - X3 YOGA
DAY 5 - DYNAMIX
DAY 6 - REST OR DYNAMIX
DAY 7 - FINAL FIT TEST & PHOTO SHOOT

TRANSITION WEEK 8

DAY 1 - ISOMETRICS
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - AGILITY X
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

