

# P90X3/T25 - HYBRID



## BLOCK 1 WEEKS 1-3

DAY 1 - X3 : TOTAL SYNERGISTICS  
DAY 2 - T25 : SPEED 1.0  
DAY 3 - X3 : YOGA  
DAY 4 - X3 : THE CHALLENGE  
DAY 5 - T25 : LOWER FOCUS  
DAY 6 - X3 : CVX  
DAY 7 - REST , X3 : DYNAMIX OR T25 : STRETCH

## TRANSITION WEEK 4

DAY 1 - X3 : ISOMETRICS  
DAY 2 - X3 : DYNAMIX  
DAY 3 - T25 : CARDIO  
DAY 4 - X3 : PILATES X  
DAY 5 - T25 : AB INTERVALS  
DAY 6 - X3 YOGA  
DAY 7 - BLOCK-1 PHOTOS

## BLOCK 2 WEEKS 5-7

DAY 1 - X3 : ECCENTRIC UPPER  
DAY 2 - T25 : CORE CARDIO  
DAY 3 - X3 YOGA  
DAY 4 - X3 : ECCENTRIC LOWER  
DAY 5 - T25 : RIP'T CIRCUIT  
DAY 6 - T25 : SPEED 2.0  
DAY 7 - REST , X3 : DYNAMIX OR T25 : STRETCH

## TRANSITION WEEK 8

DAY 1 - X3 : ISOMETRICS  
DAY 2 - X3 : DYNAMIX  
DAY 3 - T25 : CARDIO  
DAY 4 - X3 : PILATES X  
DAY 5 - T25 : AB INTERVALS  
DAY 6 - X3 YOGA  
DAY 7 - BLOCK-2 PHOTOS

## BLOCK 3 WEEKS 9 & 11

DAY 1 - X3 : DECELERATOR  
DAY 2 - T25 : DYNAMIC CORE  
DAY 3 - COMPLEX UPPER OR UPPER FOCUS  
DAY 4 - X3 : YOGA  
DAY 5 - T25 : CORE CARDIO  
DAY 6 - COMPLEX LOWER OR LOWER FOCUS  
DAY 7 - REST , X3 : DYNAMIX OR T25 : STRETCH

## BLOCK 3 WEEKS 10 & 12

DAY 1 - X3 : DECELERATOR  
DAY 2 - T25 : SPEED 2.0  
DAY 3 - X3 : ECCENTRIC UPPER  
DAY 4 - X3 : PILATES X  
DAY 5 - T25 : CORE CARDIO  
DAY 6 - X3 : ESSENTIC LOWER  
DAY 7 - REST , X3 : DYNAMIX OR T25 : STRETCH

## VICTORY WEEK 13

DAY 1 - X3 : ISOMETRICS  
DAY 2 - X3 : DYNAMIX  
DAY 3 - T25 : CARDIO  
DAY 4 - X3 : PILATES X  
DAY 5 - T25 : AB INTERVALS  
DAY 6 - X3 YOGA  
DAY 7 - FINAL PHOTOS

