

P90X3/T25 - HYBRID



BLOCK 1 WEEKS 1-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	TOTAL SYNERGISTICS	SPEED 1.0	X3 YOGA	THE CHALLENGE	LOWER FOCUS	CVX	REST, DYNAMIX OR STRETCH
WEEK 2	TOTAL SYNERGISTICS	SPEED 1.0	X3 YOGA	THE CHALLENGE	LOWER FOCUS	CVX	REST, DYNAMIX OR STRETCH
WEEK 3	TOTAL SYNERGISTICS	SPEED 1.0	X3 YOGA	THE CHALLENGE	LOWER FOCUS	CVX	REST, DYNAMIX OR STRETCH

WEEK 4 TRANSITION	ISOMETRICS	DYNAMIX	CARDIO	PILATES X	AB INTERVALS	X3 YOGA	BLOCK-1 PHOTOS
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BLOCK 2 WEEKS 5-7

WEEK 5	ECCENTRIC UPPER	CORE CARDIO	X3 YOGA	ECCENTRIC LOWER	RIP'T CIRCUIT	SPEED 2.0	REST, DYNAMIX OR STRETCH
WEEK 6	ECCENTRIC UPPER	CORE CARDIO	X3 YOGA	ECCENTRIC LOWER	RIP'T CIRCUIT	SPEED 2.0	REST, DYNAMIX OR STRETCH
WEEK 7	ECCENTRIC UPPER	CORE CARDIO	X3 YOGA	ECCENTRIC LOWER	RIP'T CIRCUIT	SPEED 2.0	REST, DYNAMIX OR STRETCH

WEEK 8 TRANSITION	ISOMETRICS	DYNAMIX	CARDIO	PILATES X	AB INTERVALS	X3 YOGA	BLOCK-2 PHOTOS
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BLOCK 3 WEEKS 9-12

WEEK 9	DECELERATOR	DYNAMIC CORE	THE CHALLENGE OR UPPER FOCUS	X3 YOGA	CORE CARDIO	COMPLEX LOWER OR LOWER FOCUS	REST, DYNAMIX OR STRETCH
WEEK 10	DECELERATOR	SPEED 2.0	ECCENTRIC UPPER	PILATES X	CORE CARDIO	ECCENTRIC LOWER	REST, DYNAMIX OR STRETCH
WEEK 11	DECELERATOR	DYNAMIC CORE	THE CHALLENGE OR UPPER FOCUS	X3 YOGA	CORE CARDIO	COMPLEX LOWER OR LOWER FOCUS	REST, DYNAMIX OR STRETCH
WEEK 12	DECELERATOR	SPEED 2.0	ECCENTRIC UPPER	PILATES X	CORE CARDIO	ECCENTRIC LOWER	REST, DYNAMIX OR STRETCH

WEEK 13 VICTORY	ISOMETRICS	DYNAMIX	CARDIO	PILATES X	AB INTERVALS	X3 YOGA	FINAL PHOTOS
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