



P90X3 BEAST HYBRID

BLOCK 1 WEEKS 1-3

WEEK 1	DAY 1 BUILD: CHEST & TRIS OPTION: X3 AB RIPPER	DAY 2 AGILITY X	DAY 3 BUILD: BACK & BIS OPTION: X3 AB RIPPER	DAY 4 TOTAL SYNERGISTICS	DAY 5 BUILD: SHOULDERS OPTION: X3 AB RIPPER	DAY 6 THE WARRIOR	DAY 7 REST
WEEK 2	DAY 8 BUILD: CHEST & TRIS OPTION: X3 AB RIPPER	DAY 9 AGILITY X	DAY 10 BUILD: BACK & BIS OPTION: X3 AB RIPPER	DAY 11 TOTAL SYNERGISTICS	DAY 12 BUILD: SHOULDERS OPTION: X3 AB RIPPER	DAY 13 THE WARRIOR	DAY 14 REST
WEEK 3	DAY 15 BUILD: CHEST & TRIS OPTION: X3 AB RIPPER	DAY 16 AGILITY X	DAY 17 BUILD: BACK & BIS OPTION: X3 AB RIPPER	DAY 18 TOTAL SYNERGISTICS	DAY 19 BUILD: SHOULDERS OPTION: X3 AB RIPPER	DAY 20 THE WARRIOR	DAY 21 REST

WEEK 4 TRANSITION	DAY 22 ISOMETRICS	DAY 23 DYNAMIX	DAY 24 BEAST: CARDIO	DAY 25 ACCELERATOR	DAY 26 CVX	DAY 27 BEAST: CARDIO	DAY 28 REST
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BLOCK 2 WEEKS 5-7

WEEK 5	DAY 29 BULK: CHEST	DAY 30 MMX	DAY 31 BULK: BACK	DAY 32 BULK: ARMS & BEAST ABS	DAY 33 INCINERATOR	DAY 34 BULK: SHOULDERS	DAY 35 REST
WEEK 6	DAY 36 BULK: CHEST	DAY 37 MMX	DAY 38 BULK: BACK	DAY 39 BULK: ARMS & BEAST ABS	DAY 40 INCINERATOR	DAY 41 BULK: SHOULDERS	DAY 42 REST
WEEK 7	DAY 43 BULK: CHEST	DAY 44 MMX	DAY 45 BULK: BACK	DAY 46 BULK: ARMS & BEAST ABS	DAY 47 INCINERATOR	DAY 48 BULK: SHOULDERS	DAY 49 REST

WEEK 8 TRANSITION	DAY 50 ISOMETRICS	DAY 51 DYNAMIX	DAY 52 BEAST: CARDIO	DAY 53 ACCELERATOR	DAY 54 CVX	DAY 55 BEAST: CARDIO	DAY 56 REST
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BLOCK 3 WEEKS 9-12

WEEK 9	DAY 57 BUILD OR TEMPO: CHEST & TRIS	DAY 58 ECCENTRIC LOWER OPTION: X3 AB RIPPER	DAY 59 BUILD OR TEMPO: BACK & BIS	DAY 60 AGILITY X OPTION: X3 AB RIPPER	DAY 61 BULK: ARMS	DAY 62 BUILD: SHOULDERS	DAY 63 REST
WEEK 10	DAY 64 BULK: CHEST & BEAST ABS	DAY 65 TOTAL SYNERGISTICS	DAY 66 BULK: BACK & BEAST ABS	DAY 67 TRIOMETRICS	DAY 68 BULK: ARMS & BEAST ABS	DAY 69 BULK: SHOULDERS	DAY 70 REST
WEEK 11	DAY 71 BUILD OR TEMPO: CHEST & TRIS	DAY 72 ECCENTRIC LOWER OPTION: X3 AB RIPPER	DAY 73 BUILD OR TEMPO: BACK & BIS	DAY 74 AGILITY X OPTION: X3 AB RIPPER	DAY 75 BULK: ARMS	DAY 76 BUILD: SHOULDERS	DAY 77 REST
WEEK 12	DAY 78 BULK: CHEST & BEAST ABS	DAY 79 TOTAL SYNERGISTICS	DAY 80 BULK: BACK & BEAST ABS	DAY 81 TRIOMETRICS	DAY 82 BULK: ARMS & BEAST ABS	DAY 83 BULK: SHOULDERS	DAY 84 REST

WEEK 13 VICTORY	DAY 85 ISOMETRICS	DAY 86 ACCELERATOR	DAY 87 BEAST: CARDIO	DAY 88 X3 YOGA	DAY 89 DYNAMIX	DAY 90 REST	DAY 91 FINAL PHOTO SHOOT
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