



# P90X3 BEAST HYBRID

## BLOCK 1 WEEKS 1-3

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

## TRANSITION WEEK 4

DAY 1 ISOMETRICS  
DAY 2 DYNAMIX  
DAY 3 BEAST: CARDIO  
DAY 4 ACCELERATOR  
DAY 5 CVX  
DAY 6 BEAST: CARDIO  
DAY 7 REST

## BLOCK 2 WEEKS 5-7

DAY 1 BULK: CHEST  
DAY 2 MMX  
DAY 3 BULK: BACK  
DAY 4 BULK: ARMS & BEAST ABS  
DAY 5 INCINERATOR  
DAY 6 BULK: SHOULDERS  
DAY 7 REST

## TRANSITION WEEK 8

DAY 1 ISOMETRICS  
DAY 2 DYNAMIX  
DAY 3 BEAST: CARDIO  
DAY 4 ACCELERATOR  
DAY 5 CVX  
DAY 6 BEAST: CARDIO  
DAY 7 REST

## BLOCK 3 WEEKS 9 & 11

DAY 1 BUILD OR TEMPO: CHEST & TRIS  
DAY 2 ECCENTRIC LOWER / OPTION: X3 AB RIPPER  
DAY 3 BUILD OR TEMPO: BACK & BIS  
DAY 4 AGILITY X / OPTION: X3 AB RIPPER  
DAY 5 BULK: ARMS  
DAY 6 BUILD: SHOULDERS  
DAY 7 REST

## BLOCK 3 WEEKS 10 & 12

DAY 1 BULK: CHEST & BEAST ABS  
DAY 2 TOTAL SYNERGISTICS  
DAY 3 BULK: BACK & BEAST ABS  
DAY 4 TRIOMETRICS  
DAY 5 BULK: ARMS & BEAST ABS  
DAY 6 BULK: SHOULDERS  
DAY 7 REST

## VICTORY WEEK 13

DAY 1 ISOMETRICS  
DAY 2 ACCELERATOR  
DAY 3 BEAST: CARDIO  
DAY 4 X3 YOGA  
DAY 5 DYNAMIX  
DAY 6 REST  
DAY 7 FINAL PHOTO SHOOT

