

# P90X Insanity Hybrid

## Weeks 1-3

- Monday- Chest & Back, Ab Ripper X
- Tuesday- Plyometric Cardio Circuit
- Wednesday- Shoulders & Arms, Ab Ripper X
- Thursday- Pure Cardio
- Friday- Legs & Back, Ab Ripper X
- Saturday- Yoga X
- Sunday- Cardio Power & Resistance

## Week 4- Recovery Week

- Monday- Cardio Recovery
- Tuesday- Core Synergistics
- Wednesday- Yoga X
- Thursday- Core Cardio & Balance
- Friday- Kenpo X
- Saturday- Stretch X
- Sunday- Ab Ripper X

## Weeks 5-8

- Monday- Chest, Shoulders, & Tris, Cardio Abs
- Tuesday- Max Interval Plyo
- Wednesday- Back & Biceps, Cardio Abs
- Thursday- Max Interval Circuit
- Friday- Legs & Back
- Saturday- Max Recovery

## Week 9- Recovery Week (Same as above)

## Weeks 10-12

- Monday- Chest & Back, Ab Ripper X
- Tuesday- Max Cardio Conditioning
- Wednesday- Shoulders & Arms, Cardio Abs
- Thursday- Max Interval Circuit
- Friday- Legs & Back, Ab Ripper X
- Saturday- Max Recovery
- Sunday- Yoga X

## Week 13- Recovery Week (Same as above)