

"P90X Insanely Reloaded Plus"

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 1	Chest & Back, Cardio ABs	Plyo Cardio Circuit	Shoulders & Arms, AB Ripper X	Pure Cardio	Back & Biceps, Cardio ABs	Kenpo Cardio Plus	Day Off Or Stretch
	Chest & Back, AB Ripper X	MAX Intervals	Shoulders & Arms, Cardio ABs	MAX Cardio Recovery	Back & Biceps, AB Ripper X	MAX Plyo	Day Off Or Stretch
	Chest & Back, Cardio ABs	Pure Cardio	Shoulders & Arms, AB Ripper X	Cardio Power & Resistace	Back & Biceps, Cardio ABs	Cardio Recovery	Day Off Or Stretch
	Yoga X	Kenpo Cardio Plus	Core Synergistics	Cardio Recovery	Core Synergistics	Yoga X	Day Off Or Stretch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 2	Chest, Shoulders, & Triceps, AB Ripper X	Max Cardio Conditioning	Back & Biceps, Cardio ABs	MAX Intervals	Shoulders & Arms, AB Ripper X	MAX Cardio Recovery	Day Off Or Stretch
	Chest, Shoulders, & Triceps, Cardio ABs	Intervals Plus	Back & Biceps, AB Ripper X	Kenpo Cardio Plus	Shoulders & Arms, Cardio ABs	Pure Cardio	Day Off Or Stretch
	Chest, Shoulders, & Triceps, AB Ripper X	MAX Plyo	Back & Biceps, Cardio ABs	MAX Cardio Recovery	Shoulders & Arms, AB Ripper X	MAX Cardio Conditioning	Day Off Or Stretch
	Yoga X	Core Synergistics	Kenpo Cardio Plus	Cardio Recovery	Core Synergistics	Yoga X	Day Off Or Stretch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 3	Chest & Back, AB Ripper X	MAX Intervals	Shoulders & Arms, Cardio ABs	MAX Cardio Recovery	Back & Biceps, AB Ripper X	MAX Plyo	Day Off Or Stretch
	Chest, Shoulders, & Triceps, Cardio ABs	Max Cardio Conditioning	Back & Biceps, AB Ripper X	MAX Intervals	Shoulders & Arms, Cardio ABs	MAX Cardio Recovery	Day Off Or Stretch
	Chest & Back, AB Ripper X	MAX Intervals	Shoulders & Arms, Cardio ABs	MAX Cardio Recovery	Back & Biceps, AB Ripper X	MAX Plyo	Day Off Or Stretch
	Chest, Shoulders, & Triceps, Cardio ABs	Max Cardio Conditioning	Back & Biceps, AB Ripper X	MAX Intervals	Shoulders & Arms, Cardio ABs	MAX Cardio Recovery	Day Off Or Stretch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recovery	Yoga X	Core Synergistics	Kenpo Cardio Plus	Cardio Recovery	Core Synergistics	Yoga X	Day Off Or Stretch

Congratulations!