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Classic P90X

Phase	Day	Exercise	Reps	Rest	Notes
PHASE 1	1	Pushups	10	30s	
	1	Shoulder & Arm Ab Ripper X	10	30s	
	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	
	1	Shoulder & Arm Ab Ripper X	10	30s	
	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	
	1	Shoulder & Arm Ab Ripper X	10	30s	
	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	
PHASE 2	1	Pushups	10	30s	
	1	Shoulder & Arm Ab Ripper X	10	30s	
	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	
	1	Shoulder & Arm Ab Ripper X	10	30s	
	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	
	1	Shoulder & Arm Ab Ripper X	10	30s	
	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	
PHASE 3	1	Pushups	10	30s	
	1	Shoulder & Arm Ab Ripper X	10	30s	
	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	
	1	Shoulder & Arm Ab Ripper X	10	30s	
	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	
	1	Shoulder & Arm Ab Ripper X	10	30s	
	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	

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	1	Leg and Back Ab Ripper X	10	30s	
	1	Pushups	10	30s	

P90X A Fit New Beginning CLASSIC

Independent Beachbody Coach
FREE coaching at afitnewbeginning.com

PHASE 1							
WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
2	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
3	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
4	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH RECORD

PHASE 2							
WK	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
5	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
6	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
7	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
8	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH RECORD

PHASE 3							
WK	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
9	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
10	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
11	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
12	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
13	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH RECORD

This routine is performed every week that isn't a Recovery week. Use the spaces provided for each exercise to record the number of reps performed. Using a band as a substitute for a pull-up bar, indicate its color along with your rep count. Each pull-up exercise in this workout is performed twice.

WORKSHEET

	Week 1	Week 2	Week 3	Week 4	Week 5
1. Balance Lunges	R W	R W	R W	R W	R W
2. Calf Raise Squats	R W	R W	R W	R W	R W
3. Reverse Grip Chin-Ups	R	R	R	R	R
4. Superskaters	R	R	R	R	R
5. Wall Squats	L	L	L	L	L
6. Wide Front Pull-Ups	R	R	R	R	R
7. Step Back Lunges	R W	R W	R W	R W	R W
8. Alternating Side Lunges	R W	R W	R W	R W	R W
9. Closed Grip Overhand Pull-Ups	R	R	R	R	R
10. Single Leg Wall Squats	L	L	L	L	L
11. Dead Lift Squats	R	R	R	R	R
12. Switch Grip Pull-Ups	R	R	R	R	R
13. 3 Way Lunges	R	R	R	R	R
14. Sneaky Lunges	R	R	R	R	R
15. Reverse Grip Chin-Ups	R	R	R	R	R
16. Chair Salutations	L	L	L	L	L
17. Toe Roll ISO Lunges	R W	R W	R W	R W	R W
18. Wide Front Pull-Ups	R	R	R	R	R
19. Groucho Walk	L	L	L	L	L
20. Calf Raises	R W	R W	R W	R W	R W
21. Close Grip Overhand Pullups	R	R	R	R	R
22. 80-20 Siebers Speed Squats	R	R	R	R	R
23. Switch Grip Pull-Ups	R	R	R	R	R

LEGS & BACK

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