

# TRAINING PHASES

CHECK YOUR POWER YOUR PERFORMANCE FITNESS GUIDE FOR DETAILS.

## PHASE

# 1



### FOUNDATION (3 to 6 weeks)

- Day 1: X2 Core
- Day 2: Plyocide
- Day 3: Rest or X2 Recovery + Mobility
- Day 4: X2 Total Body & X2 Ab Ripper
- Day 5: X2 Yoga
- Day 6: X2 Balance + Power
- Day 7: Rest or X2 Recovery + Mobility

## PHASE

# 2



### STRENGTH (3 to 6 weeks)

- Day 1: Chest + Back + Balance & X2 Ab Ripper
  - Day 2: Plyocide
  - Day 3: Rest or X2 Recovery + Mobility
  - Day 4: X2 Shoulders + Arms & X2 Ab Ripper
  - Day 5: X2 Yoga
  - Day 6: Base + Back & X2 Ab Ripper
  - Day 7: Rest or X2 Recovery + Mobility
- ADDITIONAL OPTIONS
- V Sculpt & X2 Ab Ripper Switch into Day 1
  - X2 Chest + Shoulders + Tris & X2 Ab Ripper Switch into Day 4

## PHASE

# 3



### PERFORMANCE (3 to 4 weeks)

- Day 1: P.A.P. Lower
- Day 2: P.A.P. Upper
- Day 3: X2 Yoga
- Day 4: Rest or X2 Recovery + Mobility
- Day 5: P.A.P. Lower
- Day 6: P.A.P. Upper
- Day 7: Rest or X2 Recovery + Mobility

### RECOVERY WEEK (to be done whenever you need it)

- Day 1: X2 Recovery + Mobility
- Day 2: X2 Yoga
- Day 3: X2 Recovery + Mobility
- Day 4: X2 Yoga
- Day 5: X2 Recovery + Mobility
- Day 6: X2 Yoga
- Day 7: Rest or X2 Recovery + Mobility

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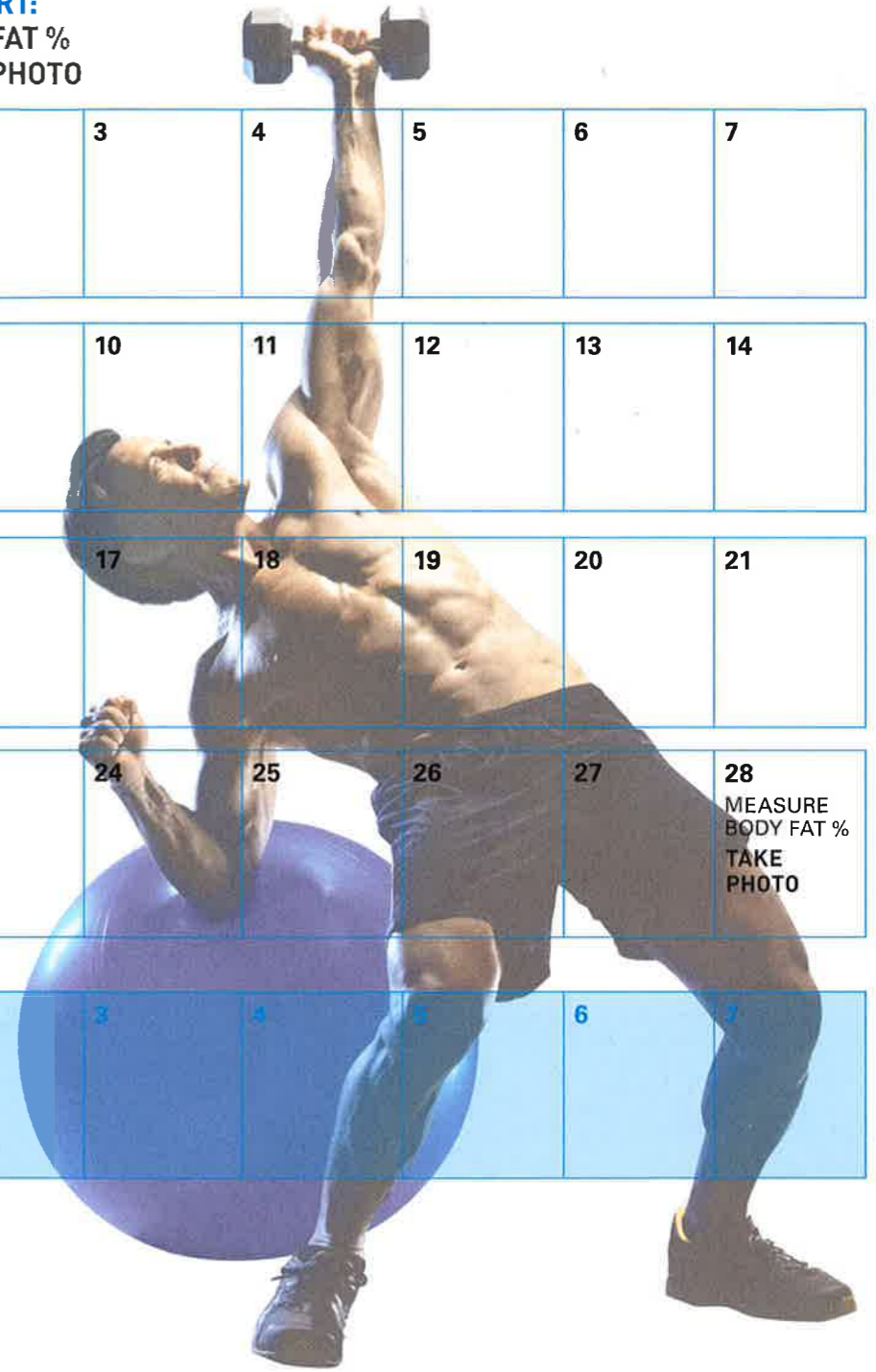
# P90X2™

## MONTH 1

**BEFORE YOU START:**  
MEASURE BODY FAT %  
TAKE "BEFORE" PHOTO

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 MEASURE BODY FAT % TAKE PHOTO
<b>RECOVERY</b>						
1	2	3	4	5	6	7

**NOTES**



# MONTH 2

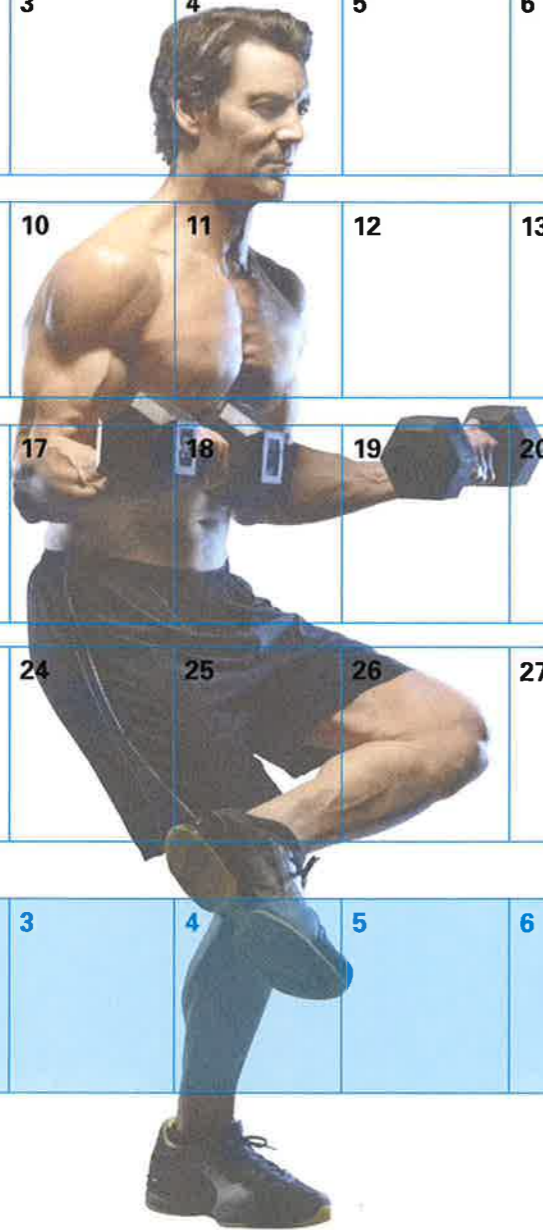


1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 MEASURE BODY FAT % TAKE PHOTO

## RECOVERY

1	2	3	4	5	6	7
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## NOTES



# MONTH 3



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 MEASURE BODY FAT % TAKE PHOTO

## RECOVERY

1	2	3	4	5	6	7
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## NOTES

