

# P90X<sup>®</sup>

## CLASSIC

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### 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
WK	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
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
WK	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
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
WK	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
4	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH <b>RECORD</b>

### 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
WK	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
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
WK	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
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
WK	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
8	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH <b>RECORD</b>

### 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
WK	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
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
WK	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
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
WK	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
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
WK	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91
13	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH <b>RECORD</b>

# P90 X Replacement Fitness Guide

**Lamar Lowery,Chris Lowery**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author names.

## **P90 X Replacement Fitness Guide:**

**The Ultimate Guide for the Avid Indoorsman** John Driver,2019-01-08 WINNER OF THE SILVER MEDAL IN HUMOR FOR THE 2019 IPPY AWARDS Welcome to the Great Indoors Are your couch TV and smartphone among your most prized possessions Are you looking for proven methods to avoid imminent Bigfoot and Loch Ness Monster attacks How sick and tired are you of hearing your friends and family say Let s go out Then you might be an Avid Indoorsman Embrace the lifestyle with this hilarious handbook full of tips and tricks to help you survive and thrive in your comfy yet still surprisingly wild climate controlled world Take a 20 question test to determine your level of Indoorsmanship Learn to identify and overcome the dangers of both the indoors and outdoors Establish a healthy indoor routine including plenty of sleep exercise and coffee Dress the part by thinking simple and sleek and wearing sweatpants often Explore the science of ergonomics behind setting up the perfect indoor space And much more to help you succeed indoors So stay inside read this book and be grateful for four walls and a fast Internet connection      **New Anatomy for Strength & Fitness Training** Mark Vella,2018-08-14 Perfect for beginning and advanced fitness practitioners alike this is an in depth look into the most magnificent machine ever created the human body Using detailed anatomical illustrations New Anatomy for Strength and Fitness Training provides you visual insight into what happens to this organic machine during exercise muscles and tendons working in concert to strengthen your body s building blocks With a basic knowledge of how the body works you can buff up your body with more than 75 selected exercises grouped by body region and involving gym machines free weights and body weight stretching as well as yoga and Pilates Each exercise is vividly illustrated by a full color anatomical illustration of the targeted muscles together with instructions on execution and technique      **Business Week** ,2010      **Workout from Home Guide: Planning, Equipment, & Workout Routines** Stephen Berkley,2021-03-18 It is generally assumed that a person should have lots of equipment at home to do workout at home But that is not true infact a person can workout at home using no equipment If you are the one without enough gym equipment but wants to continue your fitness program then this guide will help you This ebook will guide you to continue your workout at home with no gym equipment tools and gear Moreover some body exerises are mentioned in this book which is a great way to build your body strength Whatever your workout goal may be this guide will help you Whats included Moves to make your muscles stronger Different exercise routines for different muscles type Exercises for cardio workout routine A few minutes workout programs i e 20 minutes exercise workout tips for strong joints bodyweight workout routines complete info Ways to make your arms and shoulders stronger And much more If you cannot go to gym and want to continue exercise and fitness program at home then this guide is for you Scroll to the top of the page and click add to cart to purchase instantly      **Bring It!** Tony Horton,2012-05-08 Creator of the best selling P90X workout series Tony Horton shows you how to Bring It for the results you want Over the past 25 years Tony Horton has helped millions of people from stay at home moms to military personnel to A list celebrities transform their bodies and their lives with

innovative workouts and cutting edge advice Now in his first book he shares the fundamentals of his fitness philosophy with millions more revealing his secrets for getting fit and healthy and melting away pounds One size fits all diets and exercise regimens just don't work that's why Tony creates unique programs for each of his clients In *Bring It* he shows you how to build your own diet and fitness plan tailored to your individual lifestyle preferences and goals With a Fitness Quotient FQ quiz designed to assess your likes dislikes and current fitness level you can choose the program that's right for you In photographs and easy to follow instructions Tony demonstrates his unique moves and exercise combinations that include cardio fat burners lower body blitzers core strengthening plyometrics yoga and more You'll also discover Tony's fat blasting eating plan and detox tips delicious recipes and mental motivators Whether you've never been to the gym before are looking to get bikini ready or simply want to take your workout to the next level Tony Horton can give you the results you've been looking for A better body and future is possible when you commit to change Get ready to Bring It *P90 Times Two* Anthony Sawyer Horton, Beachbody (Firm), 2011 Designed for a higher level of fitness this program offers twelve demanding workouts each designed with a specific fitness objective *Cross Training Body Transformation Program* Paleogenics Applied Science, 2018-02 Paleogenics 14 Week Cross Training Program will ignite your metabolism with multi track cross fitness activity based exercise post activity calisthenics and paleo based nutrition A perfect blend of strength and cardio exercise Build superior cross cardio endurance multi centric strength and ripped muscle tone with a combination of intensive core weight training functional suspension exercises and select cardiovascular fitness activities Use the 10 Step Meal Replacement Process to re balance your caloric intake with a combination of low glycemic super foods to fuel your workouts Get the quick meals snacks and shakes guide to eat paleo on the go *Beyond the Gym* Yunus Baaqi, 2024-04-16 Discover the ultimate guide to achieving your fitness goals from the comfort of your own home with *Beyond the Gym A Comprehensive Guide to Home Fitness Equipment* In this comprehensive book you'll explore the evolution of home fitness and learn how to choose the right equipment for your space whether you have a dedicated home gym or just a corner of your living room From cardiovascular equipment for building endurance to strength training tools for sculpting your body and flexibility and mobility aids for enhancing range of motion you'll discover everything you need to create effective home workout routines tailored to your needs But it doesn't stop there Dive into chapters on monitoring and tracking your progress maximizing space and efficiency in your home gym and ensuring maintenance and safety considerations Discover specialized equipment for targeted workouts and learn how to incorporate technology for enhanced workouts Explore nutrition and dietary considerations for home fitness and delve into the crucial topic of mental health and wellbeing Learn how to adapt your home fitness routine for different life stages and embrace sustainable practices for eco friendly workouts Whether you have a busy lifestyle are recovering from an injury or want to create a home fitness sanctuary this book has you covered Discover how to foster community and accountability in your home fitness journey and explore travel friendly fitness solutions Plus unlock

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training activity based exercise post activity calisthenics and paleo based nutrition A perfect complement to the your body building effort Build superior functional strength muscle mass and chiseled definition with select compound super set movements that will simultaneously develop explosive power endurance and cardiorespiratory fitness Use the 10 Step Meal Replacement Process to re balance your caloric intake with a combination of low glycemic super foods to fuel your workouts Get the quick meals snacks and shakes guide to eat paleo on the go **The Home Workout Plan** Dale L.

Roberts,2016-10-03 Can t do a push up Here s where you start Ready to conquer push ups in 30 days How to Master Push Ups in 30 Days provides a simple straightforward workout plan to help you crush your push up goals Whether you re preparing for a fitness assessment or just striving to become a better version of yourself this guide takes the guesswork out of push ups and delivers real results Forget the overcomplicated advice online this plan is designed for beginners and adaptable to your fitness level In this workout program you ll get Push up exercises ideal for beginners Dozens of images to guide you A fully customizable 30 day workout plan 8 simple push ups with 6 variations each Clear concise instructions for every exercise Tips and guidelines to maximize your workouts And so much more You ll love this workout plan because it s easy to follow flexible for any fitness level and designed to get results fast Get it now **Adnutrix Resistance Bands**

**Workout Guide** Adnutrix Creation,2021-02-07 Do you have a new resistance band and can t seem to get a hang of it And are looking for exercises workouts to do with it at home to lose weight and tone every part of your body without feeling like you are trying too hard or spending too much time at the gym If you ve answered YES Let This Book Hold You By The Hand As You Leverage The Power Of Adnutrix Resistance Bands Or Any Other Resistance Band To Target Different Parts Of Your Body To Achieve That Well Toned Look and track your daily workout More and more people are realizing that you don t really need to spend hours at the gym or spend too much money on expensive gym memberships when they could leverage their body weight coupled with resistance bands to bring about the same effects that a gym would bring If you ve recently purchased or are considering purchasing resistance bands to achieve different fitness and weight loss goals it makes sense that you are looking for a guide that will hold you by the hand throughout the process show you how to set up your resistance band for different exercises and exactly the exercises to perform Perhaps you are here looking for answers to all the questions in your mind Where do you begin now that you have a resistance band How do you use items around your home to set up your resistance band to target different body parts What exercises can you do How do you make your workouts effective to get the most out of your workouts If you have these and other related questions this book is for you as it will address all these and more More precisely you will learn How to warm up well before every session A collection of quick start movements and full body workout to help you build muscles and blast fat until you get your desired body Each exercise is specifically customized for a certain group of muscles Clear step by step instructions on how to perform each of the exercises Clear pictures to illustrate how to perform each exercise Some training points to help you with your workout routine An easy

to use tracker that you can use to keep a log of what you've done and achieved in every session And much more Even if you've never used a resistance band before this book will be all you need for all your resistance band workout needs

**Pushups Exercise for Beginners** Irene Hushpupi,2025-07-06 PUSHUPS EXERCISE FOR BEGINNERS The Complete Beginner's Guide to Building Strength Muscle and Full Body Fitness With Step by Step Push Up Workouts Ready to build strength boost endurance and transform your body no gym required This beginner friendly guide breaks down everything you need to know about push ups in a way that's simple practical and effective Whether you've never done a single push up or you're starting over after a long break this book walks you through the process from zero to strong at your own pace Inside you'll learn The history and science behind push ups and why they work What muscles you're actually training and how to activate them How to warm up the right way to avoid injury Step by step instructions for doing proper push ups no guesswork Beginner variations to build up your strength gradually How to create your own push up workout plan Smart ways to combine push ups with other bodyweight moves Nutrition basics to support muscle gain and fat loss The most common mistakes beginners make and how to fix them How to stay motivated and track your progress Real beginner stories that prove you're not alone No equipment No pressure Just real results Whether your goal is to tone your arms build core strength or just feel stronger in your own skin this book will guide you every step of the way **Pak Donald**

Kravitz,2000-10-01 *Cross-Training For Dummies* Tony Ryan,Martica Heaner,2011-06-15 Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you can inject a little excitement into your fitness routine while you receive better results out of your exercise plan If you have a real thirst for fitness knowledge then Cross Training For Dummies is for you Whether you just want to use cross training as a way to spice up a dull workout routine or you're looking to develop specific skills that will enhance your performance in a specific activity or sport this book can get you on track Cross Training For Dummies will keep you motivated interested strong and injury free as you strive to improve your level of fitness From savvy tips that'll turbo charge your workouts to great advice on weight lifting fitness activities and team sports this book has just what you need to advance to a higher level of fitness Cross Training For Dummies also covers topics that will help you to Assess your fitness level Set personalized exercise goals Have fun with individual and team sports Incorporate kickboxing Pilates spinning and other cutting edge workouts into your routine Understand the five elements of fitness Challenging your body to new fitness levels is hard work but the results are well worth it Cross Training For Dummies will help you understand how cross training works and show you how to put together a well balanced training program that will keep you happy and healthy *Functional Fitness at Home* Lamar Lowery,Chris Lowery,2017-09-01 In Functional

Fitness at Home Lamar and Chris Lowery experts in functional training present effective exercises that can easily be done at home or outside with your own body weight or small exercise equipment The workouts and training circuits are compiled in such a way that fitness enthusiasts as well as beginners can achieve good and visible results and improve their performance considerably With information on fitness types and desired exercise goals you can easily select the best exercises and training plans that will have you meeting your fitness goals in no time Each exercise is accompanied by detailed photos that will ensure proper technique The authors have also created training circuits for both the beginner and advanced exerciser taking the guesswork out of creating a workout plan This guide additionally contains numerous tips and advice on proper nutrition and optimal muscle development contributed by two top experts in these fields Become a fitter healthier you with the training methods and exercises found in Functional Fitness at Home



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