

P90x Classic, P90x Doubles, P90x Lean Routine

Weeks 9-13

| | P90x Classic | P90x Doubles | P90x Lean |
|------------------------|---|---|---|
| Weeks 9 and 11 | | | |
| Day 1 | Chest & Back, Ab Ripper X | [AM] Cardio X [PM] Chest & Back, Ab Ripper X | Chest & Back, Ab Ripper X |
| 2 | Plyometrics | [AM] Cardio X [PM] Plyometrics | Cardio X |
| 3 | Shoulders & Arms, Ab Ripper X | Shoulders & Arms, Ab Ripper X | Shoulders & Arms, Ab Ripper X |
| 4 | Yoga X | [AM] Cardio X [PM] Yoga X | Yoga X |
| 5 | Legs & Back, Ab Ripper X | [AM] Cardio X [PM] Legs & Back, Ab Ripper X | Core Synergistics |
| 6 | Kenpo X | Kenpo X | Kenpo X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |
| Weeks 10 and 12 | | | |
| Day 1 | Chest, Shoulders & Triceps, Ab Ripper X | [AM] Cardio X [PM] Chest, Shoulders & Triceps, Ab Ripper X | Chest, Shoulders & Triceps, Ab Ripper X |
| 2 | Plyometrics | [AM] Cardio X [PM] Plyometrics | Cardio X |
| 3 | Back & Biceps, Ab Ripper X | Back & Biceps, Ab Ripper X | Back & Biceps, Ab Ripper X |
| 4 | Yoga X | [AM] Cardio X [PM] Yoga X | Yoga X |
| 5 | Legs & Back, Ab Ripper X | [AM] Cardio X [PM] Legs & Back, Ab Ripper X | Core Synergistics |
| 6 | Kenpo X | Kenpo X | Kenpo X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |
| Week 13 | | | |
| Day 1 | Yoga X | Yoga X | Yoga X |
| 2 | Core Synergistics | Core Synergistics | Core Synergistics |
| 3 | Kenpo X | Kenpo X | Kenpo X |
| 4 | X Stretch | X Stretch | X Stretch |
| 5 | Core Synergistics | Core Synergistics | Cardio X |
| 6 | Yoga X | Yoga X | Yoga X |
| 7 | Rest or X Stretch | Rest or X Stretch | Rest or X Stretch |