

P90X - INSANITY HYBRID WORKOUT SCHEDULE

Phase 1

Weeks 1-3	Week 4
1. P90X Chest & Back / Cardio Abs	Insanity Core Cardio
2. Insanity Plyo Cardio Circuit	P90X Core Synergistics
3. P90X Shoulder & Arms / Cardio Abs	Insanity Core Cardio & Balance
4. Insanity Cardio Recovery	P90X X Stretch
5. P90X Legs and Back / Cardio Abs	Insanity Core Cardio
6. Insanity Pure Cardio	P90X Core Synergistics
7. Rest or X Stretch	Rest or X Stretch

Phase 2

Weeks 5 – 7	Week 8
1. P90X Chest Shlders & Tries / Cardio Abs	Insanity Core Cardio
2. Insanity Power & Resistance	P90X Core Synergistics
3. P90X Back & Biceps / Cardio Abs	Insanity Core Cardio & Balance
4. Insanity Cardio Recovery	P90X X Stretch
5. P90X Legs & Back / Cardio Abs	Insanity Core Cardio
6. Insanity Pure Cardio	P90X Core Synergistics
7. Rest or X Stretch	Rest or X Stretch

Phase 3

Weeks 9 & 11	Weeks 10 & 12
1. P90X Chest & Back / Cardio Abs*	P90X Chest Shlders & Triceps / Cardio Abs*
2. Insanity Max Interval Plyo	Insanity Max Interval Circuit
3. P90X Shoulder & Arms / Cardio Abs*	P90X Back & Biceps / Cardio Abs*
4. Insanity Max Recovery	Insanity Max Recovery
5. P90X Legs and Back / Cardio Abs*	P90X Legs & Back / Cardio Abs*
6. Insanity Max Cardio Conditioning	Insanity Max Cardio Conditioning
7. Rest or X Stretch	Rest or X Stretch

Final Recovery Week
1. Insanity Core Cardio
2. P90X Core Synergistics
3. Insanity Core Cardio & Balance*
4. P90X X Stretch
5. Insanity Core Cardio
6. P90X Core Synergistics
7. Rest or X Stretch

*If you have the DELUXE Package, you can replace CARDIO ABS with INSANE ABS, and CORE CARDIO & BALANCE with MAX INTERVAL SPORTS TRAINING (Phase 3 only)