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Get P90X results by knowing the Correct order of the P90X Workouts

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If you want to get results from **P90X®**, then you need to know the correct order of the P90X workouts! If you don't follow the P90X workout/recovery time line, you could seriously compromise your results.

While the P90X infomercials are a ton of fun and they do a great job of getting people (justifiably) excited about an incredible workout and weight loss program, many people who buy P90X fail to **read the directions!**

The program comes with a very informative and helpful guide that not only tells you everything you could possibly want to know about P90X, but it also includes a time line that you are supposed to follow.

P90X is not just a bunch of great exercises thrown together in a haphazard order so you can pop in whatever DVD you want and go for it. The program is structured to allow for maximum intensity and maximum recuperation from workouts by doing them in a very specific order. If you go

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outside of that order, not only might you compromise your results, but you could get hurt in the process.

P90X is just what it claims to be - an Extreme Home Fitness Program. If you BRING IT during each one of your workouts, you need to both eat right in between those workouts, and also allow yourself plenty of recovery time so that your muscles, tendons, and ligaments can rest and/or grow as needed.

Here is the **PROPER** order of the P90X workouts. I have included both the "classic" version, which is what most people do, and also the "lean" version which some people opt for. Both versions are great, but in either case, follow the proper order to get the results that you want!

CLASSIC P90X Workout

PHASE 1 - 1st month

Week 1, Week 2, Week 3

- Day 1 - Chest and Back, Ab Ripper X
- Day 2 - Plyometrics
- Day 3 - Shoulders and Arms, Ab Ripper X
- Day 4 - Yoga X
- Day 5 - Legs and Back, Ab Ripper X
- Day 6 - Kenpo X
- Day 7 - Rest or X Stretch

Week 4

- Day 1 - Yoga X
- Day 2 - Core Synergistics
- Day 3 - Kenpo X
- Day 4 - X Stretch
- Day 5 - Core Synergistics
- Day 6 - Yoga X
- Day 7 - Rest or X Stretch

Phase 2 - 2nd month

Week 5, Week 6, Week 7

- Day 1 - Chest, Shoulders, and Triceps, Ab Ripper X
- Day 2 - Plyometrics



advertisement

A vertical advertisement for P90X. At the top, the text 'JOIN THE REVOLUTION' is written in large, bold, white letters. Below this is a black and white photograph of a man in a triumphant pose, with his arms raised and a wide smile. At the bottom of the advertisement, the P90X logo is displayed in a stylized, metallic font, with the text 'EXTREME HOME FITNESS' underneath it. A blue button with the text 'CLICK HERE' in yellow is positioned at the very bottom of the advertisement.

- Day3 - Back and Biceps, Ab Ripper X
- Day4 - Yoga X
- Day5 - Legs and Back, Ab Ripper X
- Day6 - Kenpo X
- Day7 - Rest or X Stretch

Week 8

- Day1 - Yoga X
- Day2 - Core Synergistics
- Day3 - Kenpo X
- Day4 - X Stretch
- Day5 - Core Synergistics
- Day6 - Yoga X
- Day7 - Rest or X Stretch

Phase 3 - 3rd month

Week 9 and Week 11

- Day1 - Chest and Back, Ab Ripper X
- Day2 - Plyometrics
- Day3 - Shoulders and Arms, Ab Ripper X
- Day4 - Yoga X
- Day5 - Legs and Back, Ab Ripper X
- Day6 - Kenpo X
- Day7 - Rest or X Stretch

Week 10 and Week 12

- Day1 - Chest, Shoulders, and Triceps, Ab Ripper X
- Day2 - Plyometrics
- Day3 - Back and Biceps, Ab Ripper X
- Day4 - Yoga X
- Day5 - Legs and Back, Ab Ripper X
- Day6 - Kenpo X
- Day7 - Rest or X Stretch

Week 13

- Day 1 - Yoga X
- Day 2 - Core Synergistics
- Day 3 - Kenpo X
- Day 4 - X Stretch
- Day 5 - Core Synergistics
- Day 6 - Yoga X
- Day 7 - Rest or X Stretch

Lean P90X Workout

PHASE 1 - 1st month

Week 1, Week 2, Week 3

- Day 1 - Core Synergistics
- Day 2 - Cardio X
- Day 3 - Shoulders and Arms, Ab Ripper X
- Day 4 - Yoga X
- Day 5 - Legs and Back, Ab Ripper X
- Day 6 - Kenpo X
- Day 7 - Rest or X Stretch

Week 4

- Day 1 - Yoga X
- Day 2 - Core Synergistics
- Day 3 - Kenpo X
- Day 4 - X Stretch
- Day 5 - Cardio X
- Day 6 - Yoga X
- Day 7 - Rest or X Stretch

Phase 2 - 2nd month

Week 5, Week 6, Week 7

- Day 1 - Core Synergistics
- Day 2 - Cardio X
- Day 3 - Chest, Shoulders, and Triceps, Ab Ripper X

- Day4 - Yoga X
- Day5 - Legs and Back, Ab Ripper X
- Day6 - Kenpo X
- Day7 - Rest or X Stretch

Week 8

- Day1 - Yoga X
- Day2 - Core Synergistics
- Day3 - Kenpo X
- Day4 - X Stretch
- Day5 - Cardio X
- Day6 - Yoga X
- Day7 - Rest or X Stretch

Phase 3 - 3rd month

Week 9 and Week 11

- Day1 - Chest, Shoulders, and Triceps, Ab Ripper X
- Day2 - Cardio X
- Day3 - Shoulders and Arms, Ab Ripper X
- Day4 - Yoga X
- Day5 - Core Synergistics
- Day6 - Kenpo X
- Day7 - Rest or X Stretch

Week 10 and Week 12

- Day1 - Chest, Shoulders, and Triceps, Ab Ripper X
- Day2 - Cardio X
- Day3 - Back and Biceps, Ab Ripper X
- Day4 - Yoga X
- Day5 - Core Synergistics
- Day6 - Kenpo X
- Day7 - Rest or X Stretch

Week 13

- Day 1 - Yoga X
- Day 2 - Core Synergistics
- Day 3 - Kenpo X
- Day 4 - X Stretch
- Day 5 - Cardio X
- Day 6 - Yoga X
- Day 7 - Rest or X Stretch

Think all of this looks like a lot of work? **IT IS!** But it is OH SO worth it! P90X is not for whiners who aren't ready to BRING IT - and get results.

Ready to see what you're made of? **Grab your copy of P90X now!**

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