

ORIGINAL

PHASE 1

CLASSIC

WEEKS 1, 2, 3

- DAY_1 Chest & Back, Ab Ripper X
- _2 Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 4

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

DOUBLES

WEEKS 1, 2, 3

- DAY_1 Chest & Back, Ab Ripper X
- _2 Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 4

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

LEAN

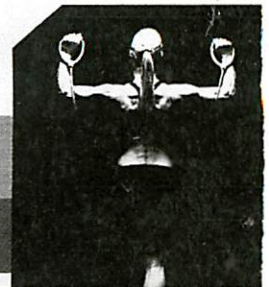
WEEKS 1, 2, 3

- DAY_1 Core Synergistics
- _2 Cardio X
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

LEAN (Recovery Week)

WEEK 4

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Cardio X
- _6 Yoga X
- _7 Rest or X Stretch



Days 1-28



GET SUPPORT AND WORK OUT TO WIN INCREDIBLE CASH PRIZES AT MillionDollarBody.com

ORIGINAL

PHASE 2

CLASSIC

WEEKS 5, 6, 7

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

DOUBLES

WEEKS 5, 6, 7

- DAY_1 AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 AM Cardio X; PM Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

LEAN

WEEKS 5, 6, 7

- DAY_1 Core Synergistics
- _2 Cardio X
- _3 Chest, Shoulders & Triceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

DOUBLES (Recovery Week)

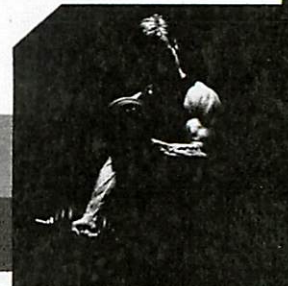
WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

LEAN (Recovery Week)

WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Cardio X
- _6 Yoga X
- _7 Rest or X Stretch



ORIGINAL

PHASE 3

CLASSIC

WEEKS 9, 11

- DAY_1 Chest & Back, Ab Ripper X
_2 Plyometrics
_3 Shoulders & Arms, Ab Ripper X
_4 Yoga X
_5 Legs & Back, Ab Ripper X
_6 Kenpo X
_7 Rest or X Stretch

WEEKS 10, 12

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
_2 Plyometrics
_3 Back & Biceps, Ab Ripper X
_4 Yoga X
_5 Legs & Back, Ab Ripper X
_6 Kenpo X
_7 Rest or X Stretch

DOUBLES

WEEKS 9, 11

- DAY_1 AM Cardio X; PM Chest & Back, Ab Ripper X
_2 AM Cardio X; PM Plyometrics
_3 Shoulders & Arms, Ab Ripper X
_4 AM Cardio X; PM Yoga X
_5 AM Cardio X; PM Legs & Back, Ab Ripper X
_6 Kenpo X
_7 Rest or X Stretch

WEEKS 10, 12

- DAY_1 AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
_2 AM Cardio X; PM Plyometrics
_3 Back & Biceps, Ab Ripper X
_4 AM Cardio X; PM Yoga X
_5 AM Cardio X; PM Legs & Back, Ab Ripper X
_6 Kenpo X
_7 Rest or X Stretch

LEAN

WEEKS 9, 11

- DAY_1 Chest & Back, Ab Ripper X
_2 Cardio X
_3 Shoulders & Arms, Ab Ripper X
_4 Yoga X
_5 Core Synergistics
_6 Kenpo X
_7 Rest or X Stretch

WEEKS 10, 12

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
_2 Cardio X
_3 Back & Biceps, Ab Ripper X
_4 Yoga X
_5 Core Synergistics
_6 Kenpo X
_7 Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 13

- DAY_1 Yoga X
_2 Core Synergistics
_3 Kenpo X
_4 X Stretch
_5 Core Synergistics
_6 Yoga X
_7 Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 13

- DAY_1 Yoga X
_2 Core Synergistics
_3 Kenpo X
_4 X Stretch
_5 Core Synergistics
_6 Yoga X
_7 Rest or X Stretch

LEAN (Recovery Week)

WEEK 13

- DAY_1 Yoga X
_2 Core Synergistics
_3 Kenpo X
_4 X Stretch
_5 Cardio X
_6 Yoga X
_7 Rest or X Stretch

Days 57-90



ACCELERATED PROGRESS

INS CAL P90X Rev 12/06