

hybrid workout



P90X® HYBRID WORKOUT SHEET

In the space provided next to the workout, enter the number of **reps** you completed and the **weight** you used (if applicable).

R = REPS W = WEIGHT I = INTENSITY

For cardio and interval training workouts, enter your **intensity** level on a scale of **1 to 10**, with 10 being the perfect workout, so you can track your progress.

Weeks 1-3	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Day 1 – Chest & Back/ARX	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 2 – Plyometric Cardio Circuit	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 3 – Shoulders & Arms/ARX	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 4 – Yoga X	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 5 – Legs & Back/ARX	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 6 – Cardio Power & Resistance	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 7 – Rest or X Stretch	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Week 4						
Day 1 – Core Cardio & Balance				R ___ W ___ I ___		
Day 2 – Cardio Recovery & Max Recovery				R ___ W ___ I ___		
Day 3 – Yoga X				R ___ W ___ I ___		
Day 4 – Pure Cardio & Abs				R ___ W ___ I ___		
Day 5 – Core Synergistics				R ___ W ___ I ___		
Day 6 – Cardio X or Kenpo X				R ___ W ___ I ___		
Day 7 – Rest or X Stretch				R ___ W ___ I ___		
Weeks 5-6						
Day 1 – Back & Biceps/ARX					R ___ W ___ I ___	R ___ W ___ I ___
Day 2 – Plyometric Cardio Circuit					R ___ W ___ I ___	R ___ W ___ I ___
Day 3 – Chest, Shoulders, Triceps/ARX					R ___ W ___ I ___	R ___ W ___ I ___
Day 4 – Yoga X					R ___ W ___ I ___	R ___ W ___ I ___
Day 5 – Legs & Back/ARX					R ___ W ___ I ___	R ___ W ___ I ___
Day 6 – Cardio Power & Resistance					R ___ W ___ I ___	R ___ W ___ I ___
Day 7 – Rest or X Stretch					R ___ W ___ I ___	R ___ W ___ I ___



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 Brand Team: None

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 Live: Worksheets
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 Printed at: None
 Date: 11-30-2010

Round #:

FM

Approvals:	Apprvd:	Apprvd w/Changes:	Must Review:
Creative Director	None	<input type="checkbox"/> INITIAL <input type="checkbox"/>	<input type="checkbox"/> INITIAL
Sr Art Director	None	<input type="checkbox"/> INITIAL <input type="checkbox"/>	<input type="checkbox"/> INITIAL
Art Director	None	<input type="checkbox"/> INITIAL <input type="checkbox"/>	<input type="checkbox"/> INITIAL
Designer	Jeff Merza	<input type="checkbox"/> INITIAL <input type="checkbox"/>	<input type="checkbox"/> INITIAL
Copywriter	None	<input type="checkbox"/> INITIAL <input type="checkbox"/>	<input type="checkbox"/> INITIAL
Business Apprvl.	Joe Wilkes	<input type="checkbox"/> INITIAL <input type="checkbox"/>	<input type="checkbox"/> INITIAL
QA	Valerie Watson	<input type="checkbox"/> INITIAL <input type="checkbox"/>	<input type="checkbox"/> INITIAL
Ops	None	<input type="checkbox"/> INITIAL <input type="checkbox"/>	<input type="checkbox"/> INITIAL
Legal	None	<input type="checkbox"/> INITIAL <input type="checkbox"/>	<input type="checkbox"/> INITIAL
Prod. Artist	Faviola Fernandez	Project Manager Nick Austin	

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 Images: Hybrid_WS_P90X-Insanity.pdf (100%)

Colors: Black

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Week 7	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Day 1 – Back & Biceps/ARX	R ___ W ___ I ___					
Day 2 – Plyometric Cardio Circuit	R ___ W ___ I ___					
Day 3 – Chest, Shoulders, Triceps/ARX	R ___ W ___ I ___					
Day 4 – Yoga X	R ___ W ___ I ___					
Day 5 – Legs & Back/ARX	R ___ W ___ I ___					
Day 6 – Cardio Power & Resistance	R ___ W ___ I ___					
Day 7 – Rest or X Stretch	R ___ W ___ I ___					
Week 8						
Day 1 – Core Cardio & Balance		R ___ W ___ I ___				
Day 2 – Cardio Recovery & Max Recovery		R ___ W ___ I ___				
Day 3 – Yoga X		R ___ W ___ I ___				
Day 4 – Pure Cardio & Abs		R ___ W ___ I ___				
Day 5 – Core Synergistics		R ___ W ___ I ___				
Day 6 – Cardio Recovery & Max Recovery		R ___ W ___ I ___				
Day 7 – Rest or X Stretch		R ___ W ___ I ___				
Weeks 9 and 11						
Day 1 – Chest & Back/Cardio Abs			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 2 – Max Interval Plyo			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 3 – Shoulders & Arms/Cardio Abs			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 4 – Yoga X			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 5 – Max Interval Circuit			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 6 – Max Cardio Conditioning & Abs			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 7 – Rest or X Stretch			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Weeks 10 and 12						
Day 1 – Back & Biceps/ARX				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 2 – Max Interval Plyo				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 3 – Chest, Shoulders, Triceps/ARX				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 4 – Yoga X				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 5 – Max Interval Circuit				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 6 – Max Cardio Conditioning & Abs				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 7 – Rest or X Stretch				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___



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