



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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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 ___