

60 Day P90X Insanity Hybrid Workout

Phase 1 - Week 1 & 2

Day 1 – Ripper Day - P90X Chest & Back + Ab Workout
Day 2 – Insanity Plyometric Cardio Circuit Workout
Day 3 – P90X Shoulders and Arms + Cardio Ab
Day 4 – Insanity Cardio Power and Resistance
Day 5 – P90X Legs & Back + Insanity Ab Workout
Day 6 – Insanity Pure Cardio
Day 7 – Yoga Workout

Recovery Week - Week 3

Day 1 – Core Synergistics
Day 2 – P90X Yoga
Day 3 – Kenpo
Day 4 – Core Synergistics
Day 5 – P90X Yoga
Day 6 – Kenpo
Day 7 – X-Stretch

Phase 2 - Week 4 & 5

Day 1 – P90X Chest, Shoulders, & Triceps + Ab Workout
Day 2 – Insanity Max Interval Circuit
Day 3 – P90X Biceps & Back + Ab Workout
Day 4 – Insanity Max Interval Plyo
Day 5 – P90X Legs & Back + Ab Workout
Day 6 – Insanity Max Workout Cardio Conditioning
Day 7 – Yoga Workout

Recovery Week - Week 6

Day 1 – Core Synergistics
Day 2 – P90X Yoga
Day 3 – Kenpo
Day 4 – Core Synergistics
Day 5 – P90X Yoga
Day 6 – Kenpo
Day 7 – X-Stretch

Phase 3 - Week 7 & 8

Day 1 – P90X Chest & Back + Ab Workout
Day 2 – Insanity Max Interval Circuit
Day 3 – P90X Shoulders & Arms + Ab Workout
Day 4 – Insanity Max Interval Plyo
Day 5 – P90X Legs & Back + Ab Workout
Day 6 – Insanity Max Cardio Conditioning
Day 7 – Yoga Workout

Recovery Week - Week 9

Day 1 – Core Synergistics
Day 2 – P90X Yoga
Day 3 – Kenpo
Day 4 – Core Synergistics
Day 5 – P90X Yoga
Day 6 – Kenpo
Day 7 – X-Stretch