



# P90X3 CLASSIC SCHEDULE



SMARTASSFITNESS.COM/P90X3

| BLOCK 1 | MONDAY             | TUESDAY   | WEDNESDAY   | THURSDAY      | FRIDAY | SATURDAY    | SUNDAY  |
|---------|--------------------|-----------|-------------|---------------|--------|-------------|---------|
| WEEK 1  | TOTAL SYNERGISTICS | AGILITY X | X3 YOGA     | THE CHALLENGE | CVX    | THE WARRIOR | DYNAMIX |
| WEEK 2  | TOTAL SYNERGISTICS | AGILITY X | X3 YOGA     | THE CHALLENGE | CVX    | THE WARRIOR | DYNAMIX |
| WEEK 3  | TOTAL SYNERGISTICS | AGILITY X | X3 YOGA     | THE CHALLENGE | CVX    | THE WARRIOR | DYNAMIX |
| WEEK 4  | ISOMETRIX          | DYNAMICS  | ACCELERATOR | PILATES X     | CVX    | X3 YOGA     | DYNAMIX |

| BLOCK 2 | MONDAY          | TUESDAY     | WEDNESDAY   | THURSDAY        | FRIDAY      | SATURDAY | SUNDAY  |
|---------|-----------------|-------------|-------------|-----------------|-------------|----------|---------|
| WEEK 5  | ECCENTRIC UPPER | TRIOMETRICS | X3 YOGA     | ECCENTRIC LOWER | INCINERATOR | MMX      | DYNAMIX |
| WEEK 6  | ECCENTRIC UPPER | TRIOMETRICS | X3 YOGA     | ECCENTRIC LOWER | INCINERATOR | MMX      | DYNAMIX |
| WEEK 7  | ECCENTRIC UPPER | TRIOMETRICS | X3 YOGA     | ECCENTRIC LOWER | INCINERATOR | MMX      | DYNAMIX |
| WEEK 8  | ISOMETRIX       | DYNAMICS    | ACCELERATOR | PILATES X       | CVX         | X3 YOGA  | DYNAMIX |

| BLOCK 3 | MONDAY      | TUESDAY     | WEDNESDAY       | THURSDAY    | FRIDAY      | SATURDAY           | SUNDAY  |
|---------|-------------|-------------|-----------------|-------------|-------------|--------------------|---------|
| WEEK 9  | DECELERATOR | AGILITY X   | THE CHALLENGE   | X3 YOGA     | TRIOMETRICS | TOTAL SYNERGISTICS | DYNAMIX |
| WEEK 10 | DECELERATOR | MMX         | ECCENTRIC UPPER | TRIOMETRICS | PILATES X   | ECCENTRIC LOWER    | DYNAMIX |
| WEEK 11 | DECELERATOR | AGILITY X   | THE CHALLENGE   | X3 YOGA     | TRIOMETRICS | TOTAL SYNERGISTICS | DYNAMIX |
| WEEK 12 | DECELERATOR | MMX         | ECCENTRIC UPPER | TRIOMETRICS | PILATES X   | ECCENTRIC LOWER    | DYNAMIX |
| WEEK 13 | ISOMETRIX   | ACCELERATOR | PILATES X       | X3 YOGA     | DYNAMIX     | DYNAMIX            |         |