


P90X-2 / P90X-3 / Skogg Kettlebell HYBRID

Week 1	1 Kettlebell	2 Total Synergistics (X3)	3 Agility X (X3)	4 X3 Yoga	5 The Challenge (X3)	6 CVX (X3)	7 Recovery
Week 2	8 Kettlebell	9 The Warrior (X3)	10 X2 Core	11 Plyocide (X2)	12 X3 Yoga	13 X2 Total Body	14 Recovery
Week 3	15 Kettlebell	16 X2 Yoga	17 X2 Balance & Power	18 Total Synergistics (X3)	19 Agility X (X3)	20 The Challenge (X3)	21 Recovery
Week 4	22 Kettlebell	23 X3 Yoga	24 CVX (X3)	25 The Warrior (X3)	26 Isometrix (X3)	27 Dynamix (X3)	28 Recovery
Week 5	29 Kettlebell	30 X2 Yoga	31 Pilates X (X3)	32 Accelerator (X3)	33 X3 Yoga	34 Chest + Back + Balance (X2)	35 Recovery
Week 6	36 Kettlebell	37 Plyocide (X2)	38 Recovery	39 X2 Shoulders + Arms	40 X2 Yoga	41 X2 Base + Back	42 Recovery
Week 7	43 Kettlebell	44 Eccentric Upper (X3)	45 Triometrics (X3)	46 X3 Yoga	47 Eccentric Lower (X3)	48 Incinerator (X3)	49 Recovery
Week 8	50 Kettlebell	51 MMX (X3)	52 Chest + Back + Balance (X2)	53 Plyocide (X2)	54 Recovery	55 X2 Shoulders + Arms	56 Recovery
Week 9	57 Kettlebell	58 X2 Yoga	59 X2 Base + Back	60 Eccentric Upper (X3)	61 Triometrics (X3)	62 X3 Yoga	63 Recovery
Week 10	64 Kettlebell	65 Eccentric Lower (X3)	66 Incinerator (X3)	67 MMX (X3)	68 Isometrix (X3)	69 Dynamix (X3)	70 Recovery
Week 11	71 Kettlebell	72 X2 Yoga	73 Pilates X (X3)	74 Accelerator (X3)	75 X3 Yoga	76 Decelerator (X3)	77 Recovery
Week 12	78 Kettlebell	79 Agility X (X3)	80 The Challenge (X3)	81 X3 Yoga	82 Triometrics (X3)	83 Total Synergistics (X3)	84 Recovery
Week 13	85 Kettlebell	86 Decelerator (X3)	87 MMX (X3)	88 Eccentric Upper (X3)	89 Triometrics (X3)	90 X2 Yoga	91 Recovery
Week 14	92 Kettlebell	93 Eccentric Lower (X3)	94 P.A.P. Lower (X2)	95 P.A.P. Upper (X2)	96 X2 Yoga	97 Recovery	98 Recovery
Week 15	99 Kettlebell	100 P.A.P. Lower (X2)	101 P.A.P. Upper (X2)	102 P.A.P. Lower (X2)	103 P.A.P. Upper (X2)	104 Isometrix (X3)	105 Recovery
Week 16	106 Kettlebell	107 P.A.P. Lower (X2)	108 P.A.P. Upper (X2)	109 X2 or X3 Yoga	110 Kettlebell	111 X2 or X3 Yoga	Recovery 

Notes:

Recovery days: Choose from Rest, Dynamix (X3), Recovery & Mobility (X2), or Tai Cheng Neural Reboot 4
Kettlebell days: alternate through Skogg Kettlebell routines