


# P90X / P90X-2 / P90X-3 / Insanity /Skogg Kettlebell HYBRID

	1	2	3	4	5	6	7
Week 1	Kettlebell: Roots	Total Synergistics (X3)	Agility X (X3)	X3 Yoga	The Challenge (X3)	CVX (X3)	Recovery
Week 2	Kettlebell: Interval	The Warrior (X3)	X2 Core	Plyocide (X2)	X3 Yoga	X2 Total Body	Recovery
Week 3	Kettlebell: Ladders	X2 Yoga	X2 Balance & Power	Chest & Back (X)	Plyometric Cardio Circuit	Shoulders & Arms (X)	Recovery
Week 4	Kettlebell: Flow	Yoga X	Legs & Back (X)	Cardio Power & Resistance	Isometrix (X3)	Dynamix (X3)	Recovery
Week 5	Kettlebell: Roots	X3 Yoga	Accelerator (X3)	Pilates X (X3)	CVX (X3)	Total Synergistics (X3)	Recovery
Week 6	Kettlebell: Interval	X3 Yoga	Agility X (X3)	The Challenge (X3)	CVX (X3)	The Warrior (X3)	Recovery
Week 7	Kettlebell: Ladders	X2 Yoga	Chest + Back + Balance (X2)	Plyocide (X2)	X2 Shoulders + Arms	X2 Base + Back	Recovery
Week 8	Kettlebell: Flow	Yoga X	Chest & Back (X)	Plyometric Cardio Circuit	Shoulders & Arms (X)	Cardio Power & Resistance	Recovery
Week 9	Kettlebell: Roots	X3 Yoga	Legs & Back (X)	Isometrix (X3)	Dynamix (X3)	Accelerator (X3)	Recovery
Week 10	Kettlebell: Interval	X3 Yoga	CVX (X3)	Triometrics (X3)	Eccentric Upper (X3)	Eccentric Lower (X3)	Recovery
Week 11	Kettlebell: Ladders	X3 Yoga	Incinerator (X3)	MMX (X3)	Chest + Back + Balance (X2)	Plyocide (X2)	Recovery
Week 12	Kettlebell: Flow	X2 Yoga	X2 Shoulders + Arms	X2 Base + Back	Max Interval Plyometrics	Chest, Shoulders & Triceps (X)	Recovery
Week 13	Kettlebell: Roots	Yoga X	Back & Biceps (X)	Max Cardio Conditioning	Legs & Back (X)	Isometrix (X3)	Recovery
4	92	93	94	95	96	97	98

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Week 14	Kettlebell: Interval	X3 Yoga	Accelerator (X3)	X3 Yoga	Decelerator (X3)	X3 Yoga	Recovery
Week 15	99 Kettlebell: Ladders	100 Agility X (X3)	101 The Challenge (X3)	102 X3 Yoga	103 Triometrics (X3)	104 Total Synergistics (X3)	105 Recovery
Week 16	106 Kettlebell: Flow	107 Decelerator (X3)	108 MMX (X3)	109 Eccentric Upper (X3)	110 Triometrics (X3)	111 X3 Yoga	112 Recovery
Week 17	113 Kettlebell: Roots	114 Eccentric Lower (X3)	115 P.A.P. Upper (X2)	116 P.A.P. Lower (X2)	117 X2 Yoga	118 P.A.P. Upper (X2)	119 Recovery
Week 18	120 Kettlebell: Interval	121 Recovery & Mobility (X2)	122 P.A.P. Lower (X2)	123 Chest & Back (X)	124 Max Interval Plyometrics	125 Shoulders & Arms (X)	126 Recovery
Week 19	127 Kettlebell: Ladders	128 Yoga X	129 Max Interval Circuit	130 Max Cardio Conditioning	131 P.A.P. Upper (X2)	132 P.A.P. Lower (X2)	133 Recovery
Week 20	134 Kettlebell: Flow	135 X2 Yoga	136 Back & Biceps (X)	137 Max Interval Circuit	138 Chest, Shoulders & Triceps (X)	139 Cardio Recovery	140 Recovery
Week 21	141 X3 Yoga	142 Tai Cheng	143 Tai Cheng	144 X3 Yoga	145 Tai Cheng	146 Tai Cheng	147  Recovery
Week 22	148	149	150	151	152	153	154 Recovery
Week 23	155	156	157	158	159	160	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