

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

## Round 17: 2017

|         |                            |            |                                   |                              |                          |                                 |                |
|---------|----------------------------|------------|-----------------------------------|------------------------------|--------------------------|---------------------------------|----------------|
| Week 1  | 1<br>Kettlebell: Roots     | 2<br>Yoga  | 3<br>Total Synergistics (X3)      | 4<br>Kettlebell: Strength 1  | 5<br>The Challenge (X3)  | 6<br>Agility X (X3)             | 7<br>Recovery  |
| Week 2  | 8<br>Kettlebell: Interval  | 9<br>Yoga  | 10<br>The Warrior (X3)            | 11<br>Kettlebell: Power 1    | 12<br>X2 Core            | 13<br>CVX (X3)                  | 14<br>Recovery |
| Week 3  | 15<br>Kettlebell: Ladders  | 16<br>Yoga | 17<br>X2 Total Body               | 18<br>Kettlebell: Strength 2 | 19<br>X2 Balance & Power | 20<br>Plyocide (X2)             | 21<br>Recovery |
| Week 4  | 22<br>Kettlebell: Flow     | 23<br>Yoga | 24<br>Chest & Back (X)            | 25<br>Kettlebell: Power 2    | 26<br>Yoga               | 27<br>Plyometric Cardio Circuit | 28<br>Recovery |
| Week 5  | 29<br>Kettlebell: Roots    | 30<br>Yoga | 31<br>Shoulders & Arms (X)        | 32<br>Kettlebell: Strength 1 | 33<br>Dynamix (X3)       | 34<br>Cardio Power & Resistance | 35<br>Recovery |
| Week 6  | 36<br>Kettlebell: Interval | 37<br>Yoga | 38<br>Legs & Back (X)             | 39<br>Kettlebell: Power 1    | 40<br>Isometrix (X3)     | 41<br>Accelerator (X3)          | 42<br>Recovery |
| Week 7  | 43<br>Kettlebell: Ladders  | 44<br>Yoga | 45<br>Total Synergistics (X3)     | 46<br>Kettlebell: Strength 2 | 47<br>Agility X (X3)     | 48<br>CVX (X3)                  | 49<br>Recovery |
| Week 8  | 50<br>Kettlebell: Flow     | 51<br>Yoga | 52<br>The Challenge (X3)          | 53<br>Kettlebell: Power 2    | 54<br>Dynamix (X3)       | 55<br>Plyocide (X2)             | 56<br>Recovery |
| Week 9  | 57<br>Kettlebell: Roots    | 58<br>Yoga | 59<br>The Warrior (X3)            | 60<br>Kettlebell: Strength 1 | 61<br>Dynamix (X3)       | 62<br>Plyometric Cardio Circuit | 63<br>Recovery |
| Week 10 | 64<br>Kettlebell: Interval | 65<br>Yoga | 66<br>Chest + Back + Balance (X2) | 67<br>Kettlebell: Power 1    | 68<br>Isometrix (X3)     | 69<br>Cardio Power & Resistance | 70<br>Recovery |
| Week 11 | 71<br>Kettlebell: Ladders  | 72<br>Yoga | 73<br>X2 Shoulders + Arms         | 74<br>Kettlebell: Strength 2 | 75<br>Triometrics (X3)   | 76<br>Accelerator (X3)          | 77<br>Recovery |
| Week 12 | 78<br>Kettlebell: Flow     | 79<br>Yoga | 80<br>X2 Base + Back              | 81<br>Kettlebell: Power 2    | 82<br>MMX (X3)           | 83<br>CVX (X3)                  | 84<br>Recovery |


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| Week 13 | 85<br>Kettlebell: Roots     | 86<br>Yoga  | 87<br>Chest & Back (X)                | 88<br>Kettlebell: Strength 1  | 89<br>Dynamix (X3)              | 90<br>Plyocide (X2)             | 91<br>Recovery  |
| Week 14 | 92<br>Kettlebell: Interval  | 93<br>Yoga  | 94<br>Shoulders & Arms (X)            | 95<br>Kettlebell: Power 1     | 96<br>Isometrix (X3)            | 97<br>Max Interval Plyometrics  | 98<br>Recovery  |
| Week 15 | 99<br>Kettlebell: Ladders   | 100<br>Yoga | 101<br>Legs & Back (X)                | 102<br>Kettlebell: Strength 2 | 103<br>Agility X (X3)           | 104<br>Max Cardio Conditioning  | 105<br>Recovery |
| Week 16 | 106<br>Kettlebell: Flow     | 107<br>Yoga | 108<br>Eccentric Upper (X3)           | 109<br>Kettlebell: Power 2    | 110<br>Total Synergistics (X3)  | 111<br>Accelerator (X3)         | 112<br>Recovery |
| Week 17 | 113<br>Kettlebell: Roots    | 114<br>Yoga | 115<br>Eccentric Lower (X3)           | 116<br>Kettlebell: Strength 1 | 117<br>MMX (X3)                 | 118<br>Triometrics (X3)         | 119<br>Recovery |
| Week 18 | 120<br>Kettlebell: Interval | 121<br>Yoga | 122<br>Incinerator (X3)               | 123<br>Kettlebell: Power 1    | 124<br>Recovery & Mobility (X2) | 125<br>Triometrics (X3)         | 126<br>Recovery |
| Week 19 | 127<br>Kettlebell: Ladders  | 128<br>Yoga | 129<br>Chest + Back + Balance (X2)    | 130<br>Kettlebell: Strength 2 | 131<br>Dynamix (X3)             | 132<br>Max Interval Plyometrics | 133<br>Recovery |
| Week 20 | 134<br>Kettlebell: Flow     | 135<br>Yoga | 136<br>X2 Shoulders + Arms            | 137<br>Kettlebell: Power 2    | 138<br>Isometrix (X3)           | 139<br>Max Interval Circuit     | 140<br>Recovery |
| Week 21 | 141<br>Kettlebell: Roots    | 142<br>Yoga | 143<br>X2 Base + Back                 | 144<br>Kettlebell: Strength 1 | 145<br>Dynamix (X3)             | 146<br>Max Cardio Conditioning  | 147<br>Recovery |
| Week 22 | 148<br>Kettlebell: Interval | 149<br>Yoga | 150<br>Chest, Shoulders & Triceps (X) | 151<br>Kettlebell: Power 1    | 152<br>Isometrix (X3)           | 153<br>Max Interval Circuit     | 154<br>Recovery |
| Week 23 | 155<br>Kettlebell: Ladders  | 156<br>Yoga | 157<br>Back & Biceps (X)              | 158<br>Kettlebell: Strength 2 | 159<br>Dynamix (X3)             | 160<br>Cardio Recovery          | 161<br>Recovery |
| Week 24 | 162<br>Kettlebell: Flow     | 163<br>Yoga | 164<br>Chest, Shoulders & Triceps (X) | 165<br>Kettlebell: Power 2    | 166<br>Isometrix (X3)           | 167<br>Agility X (X3)           | 168<br>Recovery |

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| Week 25 | 169<br>Kettlebell: Roots    | 170<br>Yoga | 171<br>The Challenge (X3)   | 172<br>Kettlebell: Strength 1 | 173<br>Dynamix (X3)   | 174<br>CVX (X3)           | 175<br>Recovery   |
| Week 26 | 176<br>Kettlebell: Interval | 177<br>Yoga | 178<br>Decelerator (X3)     | 179<br>Kettlebell: Power 1    | 180<br>Isometrix (X3) | 181<br>Plyocide (X2)      | 182<br>Recovery   |
| Week 27 | 183<br>Kettlebell: Ladders  | 184<br>Yoga | 185<br>Decelerator (X3)     | 186<br>Kettlebell: Strength 2 | 187<br>Dynamix (X3)   | Plyometric Cardio Circuit | 189<br>Recovery   |
| Week 28 | 190<br>Kettlebell: Flow     | 191<br>Yoga | 192<br>Eccentric Upper (X3) | 193<br>Kettlebell: Power 2    | 194<br>Isometrix (X3) | Cardio Power & Resistance | 196<br>Recovery   |
| Week 29 | 197<br>Kettlebell: Roots    | 198<br>Yoga | 199<br>Eccentric Lower (X3) | 200<br>Kettlebell: Strength 1 | 201<br>Dynamix (X3)   | Accelerator (X3)          | 203<br>Recovery   |
| Week 30 | 204<br>Kettlebell: Interval | 205<br>Yoga | 206<br>P.A.P. Upper (X2)    | 207<br>Kettlebell: Power 1    | 208<br>Isometrix (X3) | CVX (X3)                  | 210<br>Recovery   |
| Week 31 | 211<br>Kettlebell: Ladders  | 212<br>Yoga | 213<br>P.A.P. Lower (X2)    | 214<br>Kettlebell: Strength 2 | 215<br>Dynamix (X3)   | Plyocide (X2)             | 217<br>Recovery   |
| Week 32 | 218<br>Kettlebell: Flow     | 219<br>Yoga | 220<br>Back & Biceps (X)    | 221<br>Kettlebell: Power 2    | 222<br>Isometrix (X3) | Plyometric Cardio Circuit | 224<br>Recovery  |