

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

Round 18: 2019

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


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

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Week 25	169 Kettlebell: Roots	170 Yoga	171 The Challenge (X3)	172 Dynamix (X3)	173 Kettlebell: Strength 1	174 CVX (X3)	175 Recovery
Week 26	176 Kettlebell: Interval	177 Yoga	178 Decelerator (X3)	179 Kettlebell: Power 1	180 Isometrix (X3)	181 Plyocide (X2)	182 Recovery
Week 27	183 Kettlebell: Ladders	184 Yoga	185 Decelerator (X3)	186 Kettlebell: Strength 2	187 Dynamix (X3)	188 Bike/Cardio	189 Recovery
Week 28	190 Kettlebell: Flow	191 Yoga	192 Eccentric Upper (X3)	193 Isometrix (X3)	194 Kettlebell: Power 2	195 Bike/Cardio	196 Recovery
Week 29	197 Kettlebell: Roots	198 Yoga	199 Eccentric Lower (X3)	200 Kettlebell: Strength 1	201 Dynamix (X3)	202 Accelerator (X3)	203 Recovery
Week 30	204 Kettlebell: Interval	205 Yoga	206 P.A.P. Upper (X2)	207 Isometrix (X3)	208 Kettlebell: Power 1	209 CVX (X3)	210 Recovery
Week 31	211 Kettlebell: Ladders	212 Yoga	213 P.A.P. Lower (X2)	214 Kettlebell: Strength 2	215 Dynamix (X3)	216 Plyocide (X2)	217 Recovery
Week 32	218 Kettlebell: Flow	219 Yoga	220 Back & Biceps (X)	221 Isometrix (X3)	222 Kettlebell: Power 2	223 Bike/Cardio	224  Recovery