P90x Schedule - Classic

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| **Phase 1** |
|  |  | √ | Notes |
| **Weeks 1-3** | Day 1 | Total Synergistics |  |  |
| Day 2 | Agility X |  |  |
| Day 3 | X3 Yoga |  |  |
| Day 4 | The Challenge |  |  |
| Day 5 | CVX |  |  |
| Day 6 | The Warrior |  |  |
| Day 7 | Dynamix |  |  |
| **Week 4** | Day 1 | Isometrix |  |  |
| Day 2 | Dynamix |  |  |
| Day 3 | Accelerator |  |  |
| Day 4 | Pilates X |  |  |
| Day 5 | CVX |  |  |
| Day 6 | X3 Yoga |  |  |
| Day 7 | Dynamix |  |  |
| **Phase 2** |
|  |  | √ | Notes |
| **Weeks 5-7** | Day 1 | Eccentric Upper |  |  |
| Day 2 | Triometrics |  |  |
| Day 3 | X3 Yoga |  |  |
| Day 4 | Eccentric Lower |  |  |
| Day 5 | Incinerator |  |  |
| Day 6 | MMX |  |  |
| Day 7 | Dynamix |  |  |
| **Week 8** | Day 1 | Isometrix |  |  |
| Day 2 | Dynamix |  |  |
| Day 3 | Accelerator |  |  |
| Day 4 | Pilates X |  |  |
| Day 5 | CVX |  |  |
| Day 6 | X3 Yoga |  |  |
| Day 7 | Dynamix |  |  |

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| **Phase 3** |
|  |  |  | √ | Notes |
| **Weeks 9-11** | Day 1 | Decelerator |  |  |
| Day 2 | Agility X |  |  |
| Day 3 | The Challenge |  |  |
| Day 4 | X3 Yoga |  |  |
| Day 5 | Triometrics |  |  |
| Day 6 | Total Synergistics |  |  |
| Day 7 | Dynamix |  |  |
| **Weeks 10-12** | Day 1 | Decelerator |  |  |
| Day 2 | MMX |  |  |
| Day 3 | Eccentric Upper |  |  |
| Day 4 | X3 Yoga |  |  |
| Day 5 | Triometrics |  |  |
| Day 6 | Total Synergistics |  |  |
| Day 7 | Dynamix |  |  |
| **Week 13** | Day 1 | Isometrix |  |  |
| Day 2 | Accelerator |  |  |
| Day 3 | Pilates X |  |  |
| Day 4 | X3 Yoga |  |  |
| Day 5 | Dynamix |  |  |
| Day 6 | Dynamix |  |  |
| Day 7 | Dynamix |  |  |