P90x Schedule - Doubles

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| **Phase 1** |
|  |  | √ | Notes |
| **Weeks 1-3** | Day 1 | Total Synergistics |  |  |
| Day 2 | Agility XDynamix |  |  |
| Day 3 | X3 Yoga |  |  |
| Day 4 | The Challenge |  |  |
| Day 5 | CVXDynamix |  |  |
| Day 6 | The Warrior |  |  |
| Day 7 | Dynamix |  |  |
| **Week 4** | Day 1 | Isometrix |  |  |
| Day 2 | Dynamix |  |  |
| Day 3 | Accelerator |  |  |
| Day 4 | Pilates X |  |  |
| Day 5 | Agility X |  |  |
| Day 6 | X3 Yoga |  |  |
| Day 7 | Dynamix |  |  |
| **Phase 2** |
|  |  | √ | Notes |
| **Weeks 5-7** | Day 1 | Eccentric UpperAccelerator |  |  |
| Day 2 | Triometrics ssDynamix |  |  |
| Day 3 | X3 Yoga |  |  |
| Day 4 | Eccentric LowerCVX |  |  |
| Day 5 | IncineratorIsometrix |  |  |
| Day 6 | MMXDynamix |  |  |
| Day 7 | Dynamix |  |  |
| **Week 8** | Day 1 | Isometrix |  |  |
| Day 2 | Dynamix |  |  |
| Day 3 | Accelerator |  |  |
| Day 4 | Pilates X |  |  |
| Day 5 | Agility XDynamix |  |  |
| Day 6 | X3 Yoga |  |  |
| Day 7 | Dynamix |  |  |

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| **Phase 3** |
|  |  |  | √ | Notes |
| **Weeks 9-11** | Day 1 | DeceleratorAccelerator |  |  |
| Day 2 | MMXPilates X |  |  |
| Day 3 | The ChallengeDynamix |  |  |
| Day 4 | X3 YogaAgility X |  |  |
| Day 5 | TriometricsIsometrix |  |  |
| Day 6 | Total SynergisticsDynamix |  |  |
| Day 7 | Dynamix |  |  |
| **Weeks 10-12** | Day 1 | DeceleratorAccelerator |  |  |
| Day 2 | CVXPilates X |  |  |
| Day 3 | Eccentric UpperMMX |  |  |
| Day 4 | TriometricsIsometrix |  |  |
| Day 5 | X3 YogaCVX |  |  |
| Day 6 | Eccentric LowerDynamix |  |  |
| 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 |  |  |