

RAGE9498 P90X-INSANITY-REVABS HYBRID

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20-lb Weighted Vest = Chest & Back, Legs & Back, Total Strength, Strength & Endurance
 10-lb Ankle Weights = Ab Ripper X, Cardio Abs, Insane Abs
 1.5-lb Weighted Gloves (each hand) = Kenpo X, Cardio X (Kenpo)
 Push-up Bars = ALL push-up exercises
 Yoga X requires at least first 45 minutes
 Interval runs (or alternative interval activity) optional for rest day

[NOTE: Get adjustable vest and work up to 20-lb if required]
 [SUB: 5-lb ankle weights are a good start if required]
 [NOTE: Do not overextend during punches]

For dumbbell exercises select weights to achieve 8 reps.

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Week	Phase	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	1	Chest & Back / ARX	Plyo Cardio Circuit	Shoulders & Arms / Cardio Abs	Yoga X / Cardio Recovery	Legs & Back / Mercy Abs	Pure Cardio	REST / 1-mile interval run
2	1	Chest & Back / Cardio Abs	Power Intervals	Shoulders & Arms / Mercy Abs	Cardio Power & Resistance	Legs & Back / ARX	Kenpo X	REST / 1-mile interval run
3	1	Chest & Back / Fire up Your Abs	Plyometrics	Upper Body Weight Training / ARX	Yoga X / Cardio Recovery	Total Strength / Cardio Abs	Power Intervals	REST / 1-mile interval run
4	1	Yoga X	Core Synergistics	Sports Training	Core Cardio & Balance	Core Synergistics	X Stretch / Cardio X	INSANITY FIT TEST
5	2	Chest, Shoulders, Tri / ARX	Max Interval Circuit	Back & Biceps / Insane Abs	Yoga X / Max Recovery	Legs & Back / Merciless Abs	Max Cardio Conditioning	REST / 2-mile interval run
6	2	Chest, Shoulders, Tri / Insane Abs	Power Intervals 2	Back & Biceps / Merciless Abs	Max Interval Plyo	Legs & Back / ARX	Rev It Up	REST / 2-mile interval run
7	2	Chest, Shoulders, Tri / Fat Burning Abs	Plyometrics	Upper Body Weight Training / ARX	Yoga X / Max Recovery	Strength & Endurance / Insane Abs	Power Intervals 2	REST / 2-mile interval run
8	2	Yoga X	Core Synergistics	Sports Training	Core Cardio & Balance	Core Synergistics	X Stretch / Cardio X	INSANITY FIT TEST
9	3	Chest & Back / ARX	Plyo Cardio Circuit	Shoulders & Arms / Cardio Abs	Yoga X / Cardio Recovery	Legs & Back / Mercy Abs	Pure Cardio	REST / 3-mile interval run
10	3	Chest, Shoulders, Tri / ARX	Max Interval Circuit	Back & Biceps / Insane Abs	Yoga X / Max Recovery	Legs & Back / Merciless Abs	Max Cardio Conditioning	REST / 3-mile interval run
11	3	Chest & Back / Cardio Abs	Power Intervals	Shoulders & Arms / Mercy Abs	Cardio Power & Resistance	Strength & Endurance / ARX	Kenpo X	REST / 3-mile interval run
12	3	Chest, Shoulders, Tri / Insane Abs	Power Intervals 2	Back & Biceps / Merciless Abs	Max Interval Plyo	Total Strength / ARX	Rev It Up	REST / 3-mile interval run
13	3	Upper Body Weight Training / Fire up Your Abs	Plyometrics	Upper Body Weight Training / Fat Burning Abs	Core Synergistics	Strength & Endurance / Insane Abs	Power Intervals 2	INSANITY FIT TEST

PROGRAM KEY: P90X
 INSANITY
 REV ABS

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