

P90X[®]

CLASSIC

A Fit New Beginning

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PHASE 1

WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
3	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
4	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH RECORD

PHASE 2

WK	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
5	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
6	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
7	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
8	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH RECORD

PHASE 3

WK	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
9	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
10	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
11	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
12	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
WK	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91
13	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH RECORD

P90x Fitness Guide Calendar

Fitness Iconic



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Diet and Bodyweight Training Fundamentals for Men and Women Daisy Edzel, 2018-05-12 Have you ever felt unattractive like your body is not your friend Maybe you know that you look good and that your physical attributes are fine But wouldn't it be better to feel more than fine about your body In short don't you think it is about time for you to get into your best shape and give yourself the chance to feel fit healthy and happy at the same time Well that can happen NOW LEARN ABOUT THE RIGHT WAYS TO STAY IN SHAPE You see there are so many supplements and products in the market that promise to give you your best body in no time But more often than not those promises just turn out to be broken and in the long run you'll just find yourself wishing you did not believe them in the first place This book won't give you any unnecessary promises but rather would help you understand that you have it in you to change the course of your life and your body With the help of this book you'd learn all about weight training what it is how it can turn things around for your body and what kind of systems you can try so you could get into your best shape BUT I AM NOT STRONG ENOUGH I know You may feel like Weight Training is such a strong word but as you come to read this book you will realize that with enough power and commitment it is so possible to follow various weight training systems such as HIIT or High Intensity Interval Training Kinobody Crossfit P90x and others You'll understand what each of these systems mean and by doing so you would be able to choose the system that you feel would work best for you based on your body type the activities you're used to doing and how you think these systems would fit right into your schedule Lots to look forward to But of course getting in shape does not just end with choosing a good weight training system It always has to be a holistic process so you'd know that what you're doing would actually work not just at the present moment but more so in the long run By reading this book you would also learn about The Ketogenic Diet and why it works best with weight training Intermittent Fasting more popularly known as IF How to count calories and measure your own levels of body fats Paleo Atkins and other types of diets you could try and so much more You will then realize that while weight training is not one of those miracle cures that promise to give you a healthy body in just a day or so it is in fact so much better It all starts with YOU It is never too early to start taking care of your body more so doing it the right way Why subject yourself to processes that you're not even sure are healthy and legal If you really want to get in shape and be the best version of you that you can be then it is just the right time to start It is up to you to decide how you'd want to honor your body You see not only will you be able to learn about weight training while reading this book but you'll also understand how food works to make this all possible By learning so you would no longer be doing things that would impact your body negatively and you can finally start treating your body as your friend Read this book now achieve your fitness goals and take care of your health all at the same time **DOWNLOAD THIS BOOK TODAY**

Exercise and Physical Activity R. K. Devlin, 2022-10-18 This encyclopedia explores exercise and physical activity from a variety of angles including anatomy and exercise science health benefits and risks the wide array of sports and recreational

activities available and the sociocultural context of physical fitness Exercise and Physical Activity From Health Benefits to Fitness Craze is a one volume encyclopedia featuring more than 200 entries that cover a multitude of exercise related topics Content is divided across five broad themes anatomy exercise science sports and activities health benefits and risks and exercise and society The anatomy theme includes entries on all the major skeletal muscle groups and associated connective tissues Within the exercise science theme entries focus on topics within the fields of physiology kinesiology and sports psychology Profiles of more than 70 sports and recreational activities are included Entries under the theme of health benefits and risks explore the effects of exercise on many of the body s physiological processes and related systems as well as specific sports related injuries Exercise and society entries profile influential individuals and organizations as well as fitness trends Together these themes support a holistic understanding of exercise encompassing both the theoretical and the practical

New Anatomy for Strength & Fitness Training Mark Vella, 2018-08-14 Perfect for beginning and advanced fitness practitioners alike this is an in depth look into the most magnificent machine ever created the human body Using detailed anatomical illustrations New Anatomy for Strength and Fitness Training provides you visual insight into what happens to this organic machine during exercise muscles and tendons working in concert to strengthen your body s building blocks With a basic knowledge of how the body works you can buff up your body with more than 75 selected exercises grouped by body region and involving gym machines free weights and body weight stretching as well as yoga and Pilates Each exercise is vividly illustrated by a full color anatomical illustration of the targeted muscles together with instructions on execution and technique

P90x Home Workout for Beginners Amira Castillo, 2025-08-23 Starting a fitness journey can feel overwhelming especially when every workout program looks complicated or designed for people who already seem fit That s why this book was written for you the true beginner who wants to step into the world of P90X without the confusion the stress or the fear of falling behind From the very first page you ll feel guided and supported This isn t just another workout manual filled with jargon It s a conversation with you the beginner who is ready to try something new Together we explore what P90X is why it works so well at home and how you can make it fit into your own life no matter your space time or current fitness level Every chapter is designed to give you clarity and confidence You ll learn how to set up a simple home workout space follow a beginner friendly P90X schedule and master strength training basics for both upper and lower body You ll discover cardio options that don t require fancy machines core workouts that actually deliver results and stretching routines that even the least flexible person can enjoy Nutrition goal setting safety tips and realistic sample plans are all laid out so that you can finally feel in control of your progress To everyone who chooses this book and places it on their shelf thank you It shows that you believe in yourself and in the power of taking small consistent steps toward better health That belief is what transforms a beginner into someone stronger healthier and more confident If you ve ever felt like fitness programs are too hard too fast or just not made for someone like you this is your fresh start The pages ahead are your roadmap to building strength energy and

confidence at home All you need to do is open the book take it one chapter at a time and start moving This is your chance to take action today Begin your P90X home workout journey with this guide at your side and see what happens when you finally give yourself permission to start

Weekly Exercise Schedule Max Dwayne,2023-01-20 Welcome to my weekly exercise schedule Regardless of fitness level anyone can follow this plan because it was created for the general population Weeks 1 3 This week we ll begin with a straightforward cardio exercise Start off by running or walking for 30 minutes Continue on to our resistance training plan after your cardio workout We will be using weightlifting machines to exercise this week Work your way up from a light weight as you gain strength Weeks 4 6 In week four we ll include an additional cardio workout in our schedule This time we ll use the treadmill or elliptical at the gym to exercise We will perform our resistance training after our cardio workout Dumbbells will be used for our exercise this week Work your way up from a light weight as you gain strength Weeks 7 9 This week we ll increase the number of cardio workouts we do

Fitness Calendar Fitness Calendar Workout,Fitness Calendar,2020-11-04 This easy and compact Calendar fitness planner has plenty of space for personal records and making every single thing in time Work Hard Or go Home

Daily Fitness Calendar and Tracker Fitness Iconic,2021-10-19 Health calendar to help with your goals Track your daily workouts Write down monthly achievements Achieve your fitness goals with this motivational daily tracker and calendar today

Legdays for Future Gym Geschenke Calendar Geschenkideen,2019-12-04 Legdays for Future funny fitness workout slogan great monthly planner and calendar A5 for the whole family as a gift for Christmas Birthday New Year or Father s Day and Mother s Day

Fitness Calendar : Workout Monthly Planner. According to the Schedule Written on the Calendar Rath S,2020-09-04 For people who want to plan their exercise by writing down the exercise schedule according to the calendar day This notebook is designed using a calendar to set the time for exercise Features Measures 6x9 inches Paper 111 pages Paperback Matte design White interior page It is the perfect size for portability

Fitness Video Vibes Noah Daniels,2014-02-28 When it comes to work out the fitness training techniques are a little unique and very much focused on getting the results you want to be within a stipulated period of time The idea behind the exercise would be to challenge your body to reach heights never before thought of possible with the help and guidance of putting into practice the appropriate fitness exercise through videos You need to ideally want to understand your fitness vision and then create and outline of steps that you will be able to follow to effectively get the vision from that stage to reality In some cases the inclusion of inspiring music may be needed to get you excited about reaching the end goal faster And the worst part The more you don t have the right skills the less you will succeed This powerful book will provide you with everything you need to know to be the fittest and achieve your fitness goal fast With this product and it s great information on work out videos will walk you step by step through the exact process we developed to help people get all the info they need to be a success

Fitness Calendar : Workout Monthly Planner. According to the Schedule Written on the Calendar Rath Sueblaorob,2020-09-04 For people who want to plan their exercise by writing

down the exercise schedule according to the calendar day This notebook is designed using a calendar to set the time for exercise Features Measures 6x9 inches Paper 111 pages Paperback Matte design White interior page It is the perfect size for portability **Gym Planner** Planner,2019-12-25 GET FITTER FASTER Studies show tracking your progress with a fitness log can help you achieve your goals sooner and stay on course for the long term CREATED BY PROS Your exercise log book was developed by people who know the science of working out It s endorsed by personal trainers military fitness experts DETAILED TRACKING Record goals starting ending stats and track progress workout frequency Includes graphics that show which exercises target which muscles a guide for measuring body fat **Fitness Guide 2021** ,2021 **Stay at Home and Make Fitness Quarantine Calendar** Infinity Fitness,2020-05-11 Skip quarantine resolutions and achieve your goals and Obtain achievements by following a workout schedule and doing a fitness challenge every day Summarizing the Journal specification Size 6 x 9 Amount of pages 110 pages Type soft cover matted good binding Design cute cover design white paper sheet Interior Fitness Calendar Year 2020 Calendar Gym Fitness Gym Health Series,2020-01-17 Power Workout Log is a professional training diary that will make your training even more effective Plan your day carefully and achieve results faster Content Number of exercises repetitions and weight Tables with cardio training time distance HR Supplements and vitamins Notes dates **2020 Planner and Fitness Goals** The Bench Press,2019-12-08 12 month planner with fitness specific goal setting habit tracking physique check ins and progress log to help you get fit done in 2020 Planning your new year s transformation Or simply need a way to set and track your fitness goals and habits throughout the year This daily planner with a health and fitness focus is here to help you achieve your fit body goals for 2020 This daily life planner with a fitness focus helps you SET UP FOR SUCCESS WITH GOAL SETTING Get your year started right by setting your intentions and goals across strength endurance conditioning physique and flexibility mobility Really get clear on your why by understanding what drives and motivates you to succeed Review your goals every month to ensure you re on the right track MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK INS Start with an initial check in and follow up every month to track your progress Log your weight body fat lean mass water % and body measurements across 10 areas Use the progress tracker at the start of the book to compare results over time TRACK DAILY EXERCISE NUTRITION HABITS Don t break the chain Use the habit trackers to encourage consistency and reach your goals Check off each day you train yes active rest days count and the days you hit your nutrition or macronutrient targets There s extra space to add in your own custom habits like intermittent fasting water intake or sleep targets If you want to get more specific with monitoring your workouts and performance check out our range of female specific workout log books on our author page The Bench Press Alongside the health and fitness pages that make this 2020 planner so unique this book includes everything else you d expect from a classic planner format PLAN YOUR YEAR A full yearly reference calendar forward planner helps you see at a glance all your important dates MANAGE YOUR MONTH Monthly calendar spreads help you see quickly what s in store for the month ahead

and include an extra notes section SCHEDULE YOUR WEEK Arrange your daily schedule using the weekly agenda with a full week per opening CONVENIENT PORTABLE SIZE This paperback planner is a handy 6 x 9 size small enough to fit inside your handbag or gym bag yet large enough to write in with plenty of space for notes It comes perfect bound with high quality 60GSM crisp white paper MODERN UNIQUE DESIGNS Featuring wraparound artwork on a 220GSM soft cover notebook with a classic matte finish More cover designs as well as matching cover workout logs available through our Author Page The Bench Press ARE YOU READY TO FOCUS ON FITNESS IN 2020 This is not your ordinary everyday annual planner The health and fitness additions to this book have everything you need to get your year of fit underway It also makes a great gift for all your fitness sisters Start your 2020 fitness journey today **Fitness Planner Book - Monday Start (Jet Black)** Go Into Greatness,2019-06-28 Fitness Planner Book Monday Start undated Color Design Cover Jet Black Take your Fitness Goals to the Next Level Fitness Planner Book is an easier way to plan track and achieve your fitness and health goals 10X YOUR FITNESS WELLNESS PLAN Want to get fit faster With this 90 Day fitness planner you can plan your daily workouts keep track of your diet with weekly meal plans build better habits with our monthly habit tracker and increase your progress with our monthly reviews and measurements GET FIT HEALTHY Your daily workout log helps you stay committed to your fitness plan Get in better shape by planning out your exercises reps weight sets time spent and notes You can choose your focus which includes chest arms back shoulders legs glutes abs and cardio With our fitness planner book you can finally be more efficient and organized with your time and workouts TRACK REWARD YOUR PROGRESS Studies show that those who log and track their progress are more likely to reach and surpass their goals Not only is it a perfect reminder to keep you accountable and motivated but it also helps you figure out what is working and what is not With our easy to use fitness planner you ll know exactly what changes need to be made to succeed in your fitness journey ACHIEVE YOUR FITNESS GOALS Our goal setting page includes a start end date current and goal measurements reward and before after pages to see your progress You ll be able to record measurements such as your weight body fat % arms chest waist hips thighs calves and more BUILD HEALTHY HABITS FAST Stay accountable to yourself on a daily basis with our monthly habit tracker Keep track of everything like your water intake vitamins sleep diet and more Not only will it be easier to identify both your good and bad habits but you ll be able to make the necessary changes to improve each and every day EASILY ACCESSIBLE CONVENIENT COMPACT 6 x 9 Fits easily in your suitcase gym bag purse and backpack when you re on the go WHAT S INSIDE 90 Day Countdown Goal Setting Before After Pages Routine Workouts Shopping List Monthly Calendar with Two Page Spread Habit Tracker Weekly Meal Plan Daily Workout Log Monthly Reviews Monthly Measurements and 40 Notes Journal pages FITNESS PLANNER BOOK is the ultimate planning tool for all of your fitness needs It s easy to use minimalistic without too many features and does not take up too much time or effort One of the best feelings in the world is putting 100% of your effort into a goal and watching it pay off in the end SET YOURSELF UP FOR SUCCESS AND SEE THE RESULTS Built for a 90 Day

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have more success in accomplishing your goals if you write down your workouts plan your meals take action and do what is necessary to get the job done Click the ADD TO CART button to get your copy today TAGS fitness planner fitness journal workout journal nutrition journal nutrition planner workout planner fitness log workout log weekly meal plan workout log weightlifting log gym journal habit journal food diary gym log food journal *P90 Times Two* Anthony Sawyer Horton,Beachbody (Firm),2011 Designed for a higher level of fitness this program offers twelve demanding workouts each designed with a specific fitness objective **The Weekend Athlete's Fitness Guide** Peter Vivian Lloyd Verney,1982

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