

P90x3 Total Synergistics Torrent

PHASE 1	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	Chest & Back, Ab Ripper X	Plyometrics	Shoulder & Arms, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Chest & Back, Ab Ripper X	Plyometrics	Shoulder & Arms, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Chest & Back, Ab Ripper X	Plyometrics	Shoulder & Arms, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X-Stretch	Core Synergistics	Yoga X	Rest or X-Stretch

PHASE 2	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X-Stretch	Core Synergistics	Yoga X	Rest or X-Stretch

PHASE 3	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	Chest & Back, Ab Ripper X	Plyometrics	Shoulders & Arms, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Chest & Back, Ab Ripper X	Plyometrics	Shoulders & Arms, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Chest, Shoulders & Triceps, Ab Ripper X	Plyometrics	Back and Biceps, Ab Ripper X	Yoga X	Legs & Back, Ab Ripper X	Kenpo X	Rest or X-Stretch
	Yoga X	Core Synergistics	Kenpo X	X-Stretch	Core Synergistics	Yoga X	Rest or X-Stretch

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