

P90X / INSANITY Hybrid Workout Schedule

Day 0 - Insanity Fit Test

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 1	Day 1 <i>P90X</i> Chest & Back	Day 2 <i>INSANITY</i> Plyometric Cardio Circuit	Day 3 <i>P90X</i> Shldrs & Arms	Day 4 <i>INSANITY</i> Cardio Recovery / Cardio Abs	Day 5 <i>INSANITY</i> Pwr & Rsistnce	Day 6 <i>INSANITY</i> Pure Cardio / Ab Ripper X	Day 7 <i>P90X</i> X Stretch or Rest
	Day 8 <i>P90X</i> Chest & Back	Day 9 <i>INSANITY</i> Plyometric Cardio Circuit	Day 10 <i>P90X</i> Shldrs & Arms	Day 11 <i>INSANITY</i> Cardio Recovery / Cardio Abs	Day 12 <i>INSANITY</i> Pwr & Rsistnce	Day 13 <i>INSANITY</i> Pure Cardio / Ab Ripper X	Day 14 <i>P90X</i> X Stretch or Rest
	Day 15 <i>P90X</i> Chest & Back	Day 16 <i>INSANITY</i> Plyometric Cardio Circuit	Day 17 <i>P90X</i> Shldrs & Arms	Day 18 <i>INSANITY</i> Cardio Recovery / Cardio Abs	Day 19 <i>INSANITY</i> Pwr & Rsistnce	Day 20 <i>INSANITY</i> Pure Cardio / Ab Ripper X	Day 21 <i>P90X</i> X Stretch or Rest
	Day 22 <i>INSANITY</i> Core Cardio & Balance	Day 23 <i>P90X</i> Core Synergistics	Day 24 <i>INSANITY</i> Core Cardio & Balance	Day 25 <i>P90X</i> Core Synergistics	Day 26 <i>INSANITY</i> Core Cardio & Balance	Day 27 <i>INSANITY</i> Fit Test	Day 28 <i>P90X</i> X Stretch or Rest

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 2	Day 29 <i>P90X</i> Chst, Shldrs, Tris	Day 30 <i>INSANITY</i> Plyometric Cardio Circuit	Day 31 <i>P90X</i> Back & Biceps	Day 32 <i>INSANITY</i> Cardio Recovery / Cardio Abs	Day 33 <i>INSANITY</i> Pwr & Rsistnce	Day 34 <i>INSANITY</i> Pure Cardio / Ab Ripper X	Day 35 <i>P90X</i> X Stretch or Rest
	Day 36 <i>P90X</i> Chst, Shldrs, Tris	Day 37 <i>INSANITY</i> Plyometric Cardio Circuit	Day 38 <i>P90X</i> Back & Biceps	Day 39 <i>INSANITY</i> Cardio Recovery / Cardio Abs	Day 40 <i>INSANITY</i> Pwr & Rsistnce	Day 41 <i>INSANITY</i> Pure Cardio / Ab Ripper X	Day 42 <i>P90X</i> X Stretch or Rest
	Day 43 <i>P90X</i> Chst, Shldrs, Tris	Day 44 <i>INSANITY</i> Plyometric Cardio Circuit	Day 45 <i>P90X</i> Back & Biceps	Day 46 <i>INSANITY</i> Cardio Recovery / Cardio Abs	Day 47 <i>INSANITY</i> Pwr & Rsistnce	Day 48 <i>INSANITY</i> Pure Cardio / Ab Ripper X	Day 49 <i>P90X</i> X Stretch or Rest
	Day 50 <i>INSANITY</i> Core Cardio & Balance	Day 51 <i>P90X</i> Core Synergistics	Day 52 <i>INSANITY</i> Core Cardio & Balance	Day 53 <i>P90X</i> Core Synergistics	Day 54 <i>INSANITY</i> Core Cardio & Balance	Day 55 <i>INSANITY</i> Fit Test	Day 56 <i>P90X</i> X Stretch or Rest

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHASE 3	Day 57 <i>P90X</i> Chest & Back / Cardio Abs	Day 58 <i>INSANITY</i> Max Interval Plyometrics	Day 59 <i>P90X</i> Shldrs & Arms / Cardio Abs	Day 60 <i>INSANITY</i> Max Recovery / Cardio Abs	Day 61 <i>INSANITY</i> Mx Intrvl Circuit	Day 62 <i>INSANITY</i> Max Cardio / Ab Ripper X	Day 63 <i>P90X</i> X Stretch or Rest
	Day 64 <i>P90X</i> Chst, Shldrs, Tris / Cardio Abs	Day 65 <i>INSANITY</i> Max Interval Plyometrics	Day 66 <i>P90X</i> Back & Biceps / Cardio Abs	Day 67 <i>INSANITY</i> Max Recovery / Cardio Abs	Day 68 <i>INSANITY</i> Mx Intrvl Circuit	Day 69 <i>INSANITY</i> Max Cardio / Ab Ripper X	Day 70 <i>P90X</i> X Stretch or Rest
	Day 71 <i>P90X</i> Chest & Back / Cardio Abs	Day 72 <i>INSANITY</i> Max Interval Plyometrics	Day 73 <i>P90X</i> Shldrs & Arms / Cardio Abs	Day 74 <i>INSANITY</i> Max Recovery / Cardio Abs	Day 75 <i>INSANITY</i> Mx Intrvl Circuit	Day 76 <i>INSANITY</i> Max Cardio / Ab Ripper X	Day 77 <i>P90X</i> X Stretch or Rest
	Day 78 <i>P90X</i> Chst, Shldrs, Tris / Cardio Abs	Day 79 <i>INSANITY</i> Max Interval Plyometrics	Day 80 <i>P90X</i> Back & Biceps / Cardio Abs	Day 81 <i>INSANITY</i> Max Recovery / Cardio Abs	Day 82 <i>INSANITY</i> Mx Intrvl Circuit	Day 83 <i>INSANITY</i> Max Cardio / Ab Ripper X	Day 84 <i>P90X</i> X Stretch or Rest
	Day 85 <i>INSANITY</i> Core Cardio & Balance	Day 86 <i>P90X</i> Core Synergistics	Day 87 <i>INSANITY</i> Core Cardio & Balance	Day 88 <i>P90X</i> Core Synergistics	Day 89 <i>INSANITY</i> Core Cardio & Balance	Day 90 <i>INSANITY</i> Fit Test	<i>P90X</i> X Stretch or Rest