

Start Date:	
BF%:	
Weight:	

## HYBRID CALENDAR

Programs Included:

P90X2, P90X3, Body Beast, Asylum Vol1 & Vol2, T25

YourFitnessPath.com

Upper	Lower	Core	Cardio	Hybrid
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### BLOCK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	The Challenge	Ab Intervals	Power Legs	X3 Yoga/ARX	X-Trainer	X2: CST	Sprints
Week 2	Incinerator	Dynamic Core	BUILD: Legs	Isometrix	The Warrior	Strength	1 Mile Run
Week 3	Upper Elite	X3 Yoga/ARX	Plyocide	The Challenge	MMX/Ab Shredder	Cardio	Sprints
Week 4	Total Synergistics	MMX/Ab Shredder	Speed 2.0	X3 Yoga/ARX	CVX	Back and 6-Pack	1 Mile Run

### BLOCK 2

BF%:

Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	X-Trainer	Triometrics	X3 Yoga/ARX	Power Legs	Back to Core	MMX/Ab Shredder	Sprints
Week 6	Extreme Circuit	Decelerator	The Challenge	Isometrix	Complex Lower	BULK: Shoulders BULK: Arms	1.5 Mile Run
Week 7	Eccentric Upper	Dynamic Core	Incinerator	X3 Yoga/ARX	Power Legs	The Warrior	Sprints
Week 8	Ab Intervals	Speed 2.0	Accelerator	MMX/Ab Shredder	CVX	X3 Yoga/ARX	2 Mile Run

### BLOCK 3

BF%:

Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	The Challenge	Agility X	BULK: Legs	X3 Yoga/ARX	Strength	Total Body Circuit	Sprints
Week 10	Incinerator	MMX/Ab Shredder	X-Trainer	Isometrix	Back and 6-Pack	Eccentric Lower	Dynamix
Week 11	Upper Elite	Triometrics	X3 Yoga/ARX	X2: CST	Lower Focus	The Warrior	Dynamix
Week 12	Eccentric Upper	Dynamic Core	Power Legs	X3 Yoga/ARX	MMX/Ab Shredder	Strength	Dynamix
Week 13	Isometrix	Accelerator	Ab Intervals	X3 Yoga/ARX	Plyocide	Back and 6-Pack	Dynamix

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