



























## **P90 SCHEDULE WITH RUNNING**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>						
 Chest & Back AB X  <b>RUN optional</b> Notes:	 Plyometrics  Notes:	 Shoulders and Arms AB X  <b>RUN optional</b> Notes:	YOGA  Notes:	 Legs and Back AB X  Notes:	 KENPO X OR <b>RUN</b>  Notes:	REST or STRETCH  Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 2</b>						
 Chest & Back AB X  <b>RUN optional</b> Notes:	 Plyometrics  Notes:	 Shoulders and Arms AB X  <b>RUN optional</b> Notes:	YOGA  Notes:	 Legs and Back AB X  Notes:	 KENPO X OR <b>RUN</b>  Notes:	REST or STRETCH  Notes:







## **P90 SCHEDULE WITH RUNNING**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 3</b>						
 Chest & Back AB X  <b>RUN optional</b> Notes:	 Plyometrics  Notes:	 Shoulders and Arms AB X <b>RUN optional</b> Notes:	YOGA  Notes:	 Legs and Back AB X  Notes:	 KENPO X OR <b>RUN</b>  Notes:	REST or STRETCH  Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 4</b>						
YOGA  Notes:	CORE SYNERGISTICS  <b>RUN</b> Notes:	 KENPO X OR <b>RUN</b> Notes:	STRETCH  Notes:	CORE SYNERGISTICS  <b>RUN</b> Notes:	YOGA  Notes:	REST or STRETCH  Notes:











## **P90 SCHEDULE WITH RUNNING**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 5</b>						
 CHEST, SHOULDERS, TRICEPS ABX <b>RUN optional</b> Notes:	 <b>Plyometrics</b> Notes:	 BACK and BICEPS ABX <b>RUN optional</b> Notes:	<b>YOGA</b> Notes:	 LEGS and BACK Notes:	 <b>KENPO X            OR RUN</b> Notes:	<b>REST or STRETCH</b> Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 6</b>						
 CHEST, SHOULDERS, TRICEPS ABX <b>RUN optional</b> Notes:	 <b>Plyometrics</b> Notes:	 BACK and BICEPS ABX <b>RUN optional</b> Notes:	<b>YOGA</b> Notes:	 LEGS and BACK Notes:	 <b>KENPO X            OR RUN</b> Notes:	<b>REST or STRETCH</b> Notes:











## **P90 SCHEDULE WITH RUNNING**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b><u>Week 7</u></b>						
 CHEST, SHOULDERS, TRICEPS ABX <b>RUN optional</b> Notes:	 <b>Plyometrics</b> Notes:	 BACK and BICEPS ABX <b>RUN optional</b> Notes:	<b>YOGA</b> Notes:	 LEGS and BACK Notes:	 <b>KENPO X            OR RUN</b> Notes:	<b>REST or STRETCH</b> Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b><u>Week 8</u></b>						
<b>YOGA</b> Notes:	CORE SYNERGISTICS <b>RUN</b> Notes:	 <b>KENPO X            OR RUN</b> Notes:	<b>STRETCH</b> Notes:	CORE SYNERGISTICS <b>RUN</b> Notes:	<b>YOGA</b> Notes:	<b>REST or STRETCH</b> Notes:


## **P90 SCHEDULE WITH RUNNING**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b><u>Week 9</u></b>						
 <b>Chest &amp; Back AB X</b>  <b>RUN optional</b> Notes:	 <b>Plyometrics</b>  Notes:	 <b>Shoulders and Arms AB X</b>  <b>RUN optional</b> Notes:	<b>YOGA</b>  Notes:	 <b>Legs and Back AB X</b>  Notes:	 <b>KENPO X OR RUN</b>  Notes:	<b>REST or STRETCH</b>  Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b><u>Week 10</u></b>						
 <b>CHEST, SHOULDERS, TRICEPS ABX</b>  <b>RUN optional</b> Notes:	 <b>Plyometrics</b>  Notes:	 <b>BACK and BICEPS ABX</b>  <b>RUN optional</b> Notes:	<b>YOGA</b>  Notes:	 <b>LEGS and BACK</b>  Notes:	 <b>KENPO X OR RUN</b>  Notes:	<b>REST or STRETCH</b>  Notes:

## **P90 SCHEDULE WITH RUNNING**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 11</b>						
 <b>Chest &amp; Back AB X</b>  <b>RUN optional</b> Notes:	 <b>Plyometrics</b>  Notes:	 <b>Shoulders and Arms AB X</b>  <b>RUN optional</b> Notes:	<b>YOGA</b>  Notes:	 <b>Legs and Back AB X</b>  Notes:	 <b>KENPO X OR RUN</b>  Notes:	<b>REST or STRETCH</b>  Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 12</b>						
 <b>CHEST, SHOULDERS, TRICEPS ABX</b>  <b>RUN optional</b> Notes:	 <b>Plyometrics</b>  Notes:	 <b>BACK and BICEPS ABX</b>  <b>RUN optional</b> Notes:	<b>YOGA</b>  Notes:	 <b>LEGS and BACK</b>  Notes:	 <b>KENPO X OR RUN</b>  Notes:	<b>REST or STRETCH</b>  Notes:

## **P90 SCHEDULE WITH RUNNING**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b><i>Final Week!</i></b>						
<b>YOGA</b>  <b>Notes:</b>	CORE SYNERGISTICS  <b>RUN</b>  <b>Notes:</b>	  <b>KENPO X OR RUN</b>  <b>Notes:</b>	STRETCH  <b>Notes:</b>	CORE SYNERGISTICS  <b>RUN</b>  <b>Notes:</b>	<b>YOGA</b>  <b>Notes:</b>	<b>REST or STRETCH</b>  <b>Notes:</b>  <b>CONGRATS!!</b>