

Download File PDF P90x Program Guide

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu



wtf this great ebook for free?!

#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

P90x		A Fit New Beginning	
CLASSIC		Independent Beachbody Coach	
		FREE coaching at fitnewbeginning.com	
PHASE 1			
WK	DAY 1	DAY 2	DAY 3
1	CHEST & BACK AB RIPPER X	FLYOMETRICS	SP-COLLARS & AB RIPPER X
WK	DAY 6	DAY 9	DAY 10
2	CHEST & BACK AB RIPPER X	FLYOMETRICS	SP-COLLARS & AB RIPPER X
WK	DAY 15	DAY 16	DAY 17
3	CHEST & BACK AB RIPPER X	FLYOMETRICS	SP-COLLARS & AB RIPPER X
WK	DAY 22	DAY 23	DAY 24
4	YOGA X	YOGA X	YOGA X
PHASE 2			
WK	DAY 29	DAY 30	DAY 31
5	CHEST, SHOULDERS & TRICEPS AB RIPPER X	FLYOMETRICS	BACK & BICEPS AB RIPPER X
WK	DAY 36	DAY 37	DAY 38
6	CHEST, SHOULDERS & TRICEPS AB RIPPER X	FLYOMETRICS	BACK & BICEPS AB RIPPER X
WK	DAY 43	DAY 44	DAY 45
7	CHEST, SHOULDERS & TRICEPS AB RIPPER X	FLYOMETRICS	BACK & BICEPS AB RIPPER X
WK	DAY 50	DAY 51	DAY 52
8	YOGA X	YOGA X	YOGA X
PHASE 3			
WK	DAY 57	DAY 58	DAY 59
9	CHEST & BACK AB RIPPER X	FLYOMETRICS	SP-COLLARS & AB RIPPER X
WK	DAY 64	DAY 65	DAY 66
10	CHEST & BACK AB RIPPER X	FLYOMETRICS	SP-COLLARS & AB RIPPER X
WK	DAY 71	DAY 72	DAY 73
11	CHEST, SHOULDERS & TRICEPS AB RIPPER X	FLYOMETRICS	BACK & BICEPS AB RIPPER X
WK	DAY 78	DAY 79	DAY 80
12	CHEST, SHOULDERS & TRICEPS AB RIPPER X	FLYOMETRICS	BACK & BICEPS AB RIPPER X
WK	DAY 85	DAY 86	DAY 87
13	YOGA X	YOGA X	YOGA X

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