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founder Tony Horton
reveals how he
almost lost it all Low
Impact 30 minute
cardio workout-
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P90X Lean Schedule
Day 1 | 30 Minute at

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P90X lean schedule

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here, and the P90X
doubles schedule
here. From there, the
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guide has a
description of the
P90X equipment you
need to do the
workouts, and then
each move in each
workout and how to
modify the moves.
The Excel does NOT
have a description of

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each of the moves... however, the DVDs are very clear on how to do each move, and alternative for modifying the moves are shown during the workouts.

P90X Fitness Guide

pdf - Beachbody

Both are essential to your success with the program. The Fitness

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Guide discusses the 3 phases of the 90-day P90X program, and introduces the idea of muscle confusion.

Because the schedule changes every time you start a new 30-day phase, your body never becomes accustomed to the routines. Within each phase, you go through a 3-week set

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of adaptation and
mastery, followed by
a one week
[recovery] phase.

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in just 90 days with
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Schedule. Phase 1:
Weeks 1 [3. Day 1:

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Core Synergistics;
Day 2: Cardio X; Day
3: Shoulders & Arms
+ Ab Ripper X; Day 4:
Yoga X; Day 5: Legs
& Back + Ab Ripper
X; Day 6: Kenpo X;
Day 7: Rest or X
Stretch; Phase 1:
Week 4. Day 1: Yoga
X; Day 2: Core
Synergistics; Day 3:
Kenpo X

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With P90X you will: _

Use resistance for muscle tone and growth.**. _ Execute isometric and dynamic body weight exercises for strength and power. _ Perform yoga, martial arts, gymnastics, and Pilates moves for

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coordination, balance, flexibility, core stabilization, and cardiovascular efficiency.

EXTREME TRAINING SYSTEM

This manual will tell you everything you need to know to get the most from your PX headphones. Your PX headphones can

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play music streamed wirelessly from your mobile phone, tablet or computer via Bluetooth, or conventionally connected by a jack cable to a suitable headphone output. PX headphones can also play audio via a USB connection from

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& Wilkins

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You can find the P90X schedule, the P90X lean schedule here, and the P90X doubles schedule here. From there, the printed P90X fitness guide has a description of the P90X equipment you need to do the workouts, and then each move in each workout and how to

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modify the moves.

The Excel does

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Phase 1: Fat

Shredder. The Fat
Shredder phase was
designed to do
exactly as the name
states. It is designed
to help shred the
extra fat layer off your

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body through a diet comprised mostly of protein, minimizing carbohydrate and fat intake. This phase of the P90X Nutrition Plan is very similar to the South Beach low carb diet in that it drastically restricts carb intake.

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each up to 100) 6 HIP
DROP TWIST. In a
side arm plank, with
your top foot
staggered on the floor,
drop your hip two

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instructions to the floor, and then twist to reach your top arm under you as you roll on to the balls of your feet.

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