

	There are 3 different types of P90X cycles (Classic, Lean, & Doubles), all of which have their weekly schedule detailed on the "Weekly Schedule" tab. To navigate to this tab, click on the "Weekly Schedule" tab at the bottom of this spreadsheet.						
	This weekly schedule has the entire cycle mapped out from day 1 to day 90 so no matter how busy your schedule gets, you already have your workout mapped out for that day. If this is your first time doing P90X, we recommend that you go with the Classic schedule first so you can get a feel for the program before stepping up the intensity with Lean or Doubles.						
	To keep track of your progress, simply go the workout's respective tab in this spreadsheet to write down your reps and the weight you used so you can see how far you've come on your fitness journey.						

	Week One		Week Two	
WORKOUT	Reps	Weight	Reps	Weight
WARM UP				
Standard Push Ups				
Wide Front Pull Ups				
Military Push Ups				
Reverse Grip Chin Ups				
WATER BREAK				
Wide Fly Push Ups				
Closed Grip overhand Pull Ups				
Decline Push Ups				
Heavy Pants				
WATER BREAK				
Diamond Push Ups				
Lawnmowers				
Dive Bomber Push Ups				
Back Flys				
WATER BREAK				
Wide Front Pull Ups				
Standard Push Ups				
Reverse Grip Chin Ups				
Military Push Ups				
WATER BREAK				
Closed Grip overhand Pull Ups				
Wide Fly Push Ups				
Heavy Pants				
Decline Push Ups				
WATER BREAK				
Lawnmowers				
Diamond Push Ups				
Back Flys				
Dive Bomber Push Ups				
COOL DOWN				

	Week One		Week Two	
WORKOUT	Reps	Weight	Reps	Weight
WARM UP				
Alternating Shoulder Presses				
In & Out Bicep Curls				
Two Arm Tricep Kickbacks				
Alternating Shoulder Presses				
In & Out Bicep Curls				
Two Arm Tricep Kickbacks				
WATER BREAK				
Deep Swimmer's Presses				
Full Supination Concentration Curls				
Chair Dips				
Deep Swimmer's Presses				
Full Supination Concentration Curls				
Chair Dips				
WATER BREAK				
Upright Rows				
Static Arm Curls				
Full-Grip Twist Kickbacks				
Upright Rows				
Static Arm Curls				
Full-Grip Twist Kickbacks				
WATER BREAK				
Seated Two-Angle Shoulder Flys				
Crouching Cohen Curls				
Lying Down Triceps Extensions				
Seated Two-Angle Shoulder Flys				
Crouching Cohen Curls				
Lying Down Triceps Extensions				
WATER BREAK				
In & Out Straight Arm Shoulder Flys				
Congdon Curls				

Side Tri-Rises				
In & Out Straight Arm Shoulder Flys				
Congdon Curls				
Side Tri-Rises				
COOL DOWN				

		Week One		Week Two	
WORKOUT		Reps	Weight	Reps	Weight
WARM UP					
Balanced Lunges					
Calf-Raise Squats					
Reverse Grip Chin Ups					
Wall Squats					
Wide Front Pull Ups					
Step Back Lunge					
Alternating Side Lunge					
Closed Grip Overhead Pull Ups					
Single Leg Wall Squats					
Deadlift Squats					
Switch Grip Pull Ups					
WATER BREAK					
Three Way Lunge					
Sneaky Lunge					
Reverse Grip Chin Ups					
Chair Salutations					
Toe Roll Iso Lunge					
Wide Front Pull Ups					
Groucho Walk					
Calf Raises	Toes Out				
	Feet Parallel				
	Toes In				
Closed Grip Overhead Pull Ups					
80/20 Siebers-Speed Squats					
Switch Grip Pull Ups					
COOL DOWN					

	Week One		Week Two	
WORKOUT	Reps	Weight	Reps	Weight
WARM UP				
Stacked Foot / Staggered Hands Push Ups				
Banana Rolls				
Leaning Crescent Lunges				
Squat Runs				
Sphinx Push Ups				
Bow to Boat				
Low Lateral Skaters				
Lunge & Reach				
WATER BREAK				
Prison Cell Push Up				
Side Hip Raise				
Squat X Press				
Plank to Chaturanga Run				
Walking Push Ups				
Superman Banana				
Lunge Kickback Curl Press				
WATER BREAK				
Reach High & Under Push Ups				
Steam Engine				
Dreya Rolls				
Plan to Chaturanga Iso				
Halfback				
Table Dip Leg Raises				
COOL DOWN				

	Week One		Week Two	
WORKOUT	Reps	Weight	Reps	Weight
WARM UP				
Slow Motion 3 in 1 Pushups				
In & Out Shoulder Flys				
Chair Dips				
Plange Push Ups				
Pike Presses				
Side Tri-Rises				
Floor Flys				
Scarecrows				
Overhead Tricep Extensions				
Two-Twitch Speed Pushups				
Y-Presses				
Lying Tricep Extensions				
WATER BREAK				
Side to Side Push Ups				
Pour Flys				
Side Leaning Tricep Extensions				
One Arm Push Ups				
Weighted Circles				
Throw the Bomb				
Clap or Plyo Push Ups				
Slow Mo Throws				
Front to Back Triceps Extensions				
One Arm Balance Push Ups				
Fly Row Presses				
Dumbbel Cross Body Blows				
COOL DOWN				

	Week One		Week Two	
WORKOUT	Reps	Weight	Reps	Weight
WARM UP				
Wide Front Pull Ups				
Lawnmowers				
Twenty Ones				
One-Arm Cross Body Curls				
Switch Grip Pull Ups				
Elbows Out Lawnmowers				
Standing Bicep Curls				
One Arm Concentration Curls				
Corn Cob Pull Ups				
Reverse Grip Bent oVer Rows				
Open Arm Curls				
Static Arm Curls				
WATER BREAK				
Towel Pull Ups				
Congdon Locomotives				
Crouching Cohen Curls				
One Arm Corkscrew Curls				
Chin Ups				
Seated Bent Over Back Flys				
Curl Up / Hammer Downs				
Hammer Curls				
Max Rep Pull Ups				
Superman				
In Out Hammer Curls				
Strip Set Curls				
COOL DOWN				

	Workout #1	Workout #2
WORKOUT	Reps	Reps
WARM UP		
In & Outs		
Seated Bicycles		
Reverse Bicycles		
Seated Crunchy Frogs		
Crossed Leg / Wide Leg Sit Ups		
Fifer Scissors		
Hip Rock n Raise		
Pulse Ups		
Roll Up / V Up Combos		
Oblique V Ups		
Leg Climbs		
Mason (Kayak) Twist		
COOL DOWN		