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P90X3		CLASSIC SCHEDULE						
EXTREME FITNESS ACCELERATED								
BLOCK 1		Body Fat%			Weight			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Week 1	Total Synergistics	Agility X	X3 Yoga	The Challenge	CVX	The Warrior	Dynamic or Rest	
Week 2	Total Synergistics	Agility X	X3 Yoga	The Challenge	CVX	The Warrior	Dynamic or Rest	
Week 3	Total Synergistics	Agility X	X3 Yoga	The Challenge	CVX	The Warrior	Dynamic or Rest	
Week 4	Isometric	Dynamic	Accelerator	Plates X	CVX	X3 Yoga	Dynamic or Rest	
BLOCK 2		Body Fat%			Weight			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Week 5	Eccentric Upper	Triometrics	X3 Yoga	Eccentric Lower	Inclinorator	MMX	Dynamic or Rest	
Week 6	Eccentric Upper	Triometrics	X3 Yoga	Eccentric Lower	Inclinorator	MMX	Dynamic or Rest	
Week 7	Eccentric Upper	Triometrics	X3 Yoga	Eccentric Lower	Inclinorator	MMX	Dynamic or Rest	
Week 8	Isometric	Dynamic	Accelerator	Plates X	CVX	X3 Yoga	Dynamic or Rest	
BLOCK 3		Body Fat%			Weight			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Week 9	Decelerator	Agility X	Complex Upper	X3 Yoga	Triometrics	Complex Lower	Dynamic or Rest	
Week 10	Decelerator	MMX	Eccentric Upper	Triometrics	Plates X	Eccentric Lower	Dynamic or Rest	
Week 11	Decelerator	Agility X	Complex Upper	X3 Yoga	Triometrics	Complex Lower	Dynamic or Rest	
Week 12	Decelerator	MMX	Eccentric Upper	Triometrics	Plates X	Eccentric Lower	Dynamic or Rest	
Week 13	Isometric	Accelerator	Plates X	X3 Yoga	Dynamic	Dynamic or Rest	Final Fit Test	
FINAL RESULTS		Body Fat%			Weight			

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BODY BEAST						
BODY BEAST LEAN SCHEDULE MONTH 1						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Build: Chest/Tris	Build: Legs	Build: Back/Bis	Beast: Cardio Beast: Abs	Build: Shoulders	Rest Day	Build: Chest/Tris
Build: Legs	Build: Back/Bis	Beast: Cardio Beast: Abs	Build: Shoulders	Rest Day	Build: Chest/Tris	Build: Legs
Build: Back/Bis	Beast: Cardio Beast: Abs	Build: Shoulders	Rest Day	Build: Chest/Tris	Build: Legs	Build: Back/Bis
Bulk: Chest	Bulk: Legs	Bulk: Arms	Beast: Cardio Beast: Abs	Bulk: Back	Bulk: Shoulders	Rest Day

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
P90X Chest & Back + Cardio Abs	Insanity Plyo Cardio Circuit	P90X Shoulders & Arms + Ab Ripper X	Insanity Cardio Recovery	P90X Legs & Back + Cardio Abs	Insanity Pure Cardio	Rest or X Stretch
P90X Chest & Back + Cardio Abs	Insanity Cardio Power & Resistance	P90X Shoulders & Arms + Ab Ripper X	Insanity MAX Recovery	P90X Legs & Back + Cardio Abs	Insanity Plyo Cardio Circuit	Rest or X Stretch
P90X Chest & Back + Cardio Abs	Insanity Pure Cardio	P90X Shoulders & Arms + Ab Ripper X	Insanity Cardio Recovery	P90X Legs & Back + Cardio Abs	Insanity Cardio Power & Resistance	Rest or X Stretch
P90X Core Synergistics	Insanity Core Cardio & Balance	P90X Yoga	Insanity MAX Recovery	P90X Core Synergistics	Insanity Core Cardio & Balance	Rest or X Stretch
P90X Chest, Shoulders, & Tris + Cardio Abs	Insanity MAX Interval Circuit	P90X Back & Biceps + Ab Ripper X	Insanity MAX Interval Plyo	P90X Kenpo + Cardio Abs	Insanity MAX Cardio Conditioning	Rest or X Stretch
P90X Chest, Shoulders, & Tris + Cardio Abs	Insanity MAX Interval Plyo	P90X Back & Biceps + Ab Ripper X	Insanity MAX Interval Circuit	P90X Kenpo + Cardio Abs	Insanity MAX Cardio Conditioning	Rest or X Stretch
P90X Core Synergistics	Insanity Core Cardio & Balance	P90X Yoga	Insanity MAX Recovery	P90X Core Synergistics	Insanity Core Cardio & Balance	Rest or X Stretch
P90X Chest & Back + Cardio Abs	Insanity MAX Interval Circuit	P90X Shoulders & Arms + Ab Ripper X	Insanity MAX Interval Plyo	P90X Legs & Back + Cardio Abs	Insanity Cardio Recovery	Rest or X Stretch
P90X Chest, Shoulders, & Tris + Cardio Abs	Insanity MAX Cardio Conditioning	P90X Back & Biceps + Ab Ripper X	Insanity MAX Interval Circuit	P90X Kenpo + Cardio Abs	Insanity MAX Interval Plyo	Rest or X Stretch

# WORK WEEK CALENDAR TEMPLATE

WEEK OF < enter date >

TIME	MON	TUES	WED	THURS	FRI
8:00 AM					
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					

More ppl should try to be healthier all the way around. I get you want to maximize profits to get people to buy new content but give loyal subscribers access. That your body craves what it's lacking. Has never really been my thing.. I just enjoy cardio... Just in case you are looking for these as well, I have included them below. In just a few taps, you can stream over a thousand workouts of every style and for every fitness goal. So I don't use supplements etc . If you don't have P90X3, click on the picture below or click on the Beach Body on Demand picture to get P90X3 on Demand!! Skip to content Results start with Beachbody® On Demand, the only app that gives you access to world-class workouts, simple nutrition guidance, and buddies to support you—all in one place. Advanced embedding details, examples, and help! With the release of P90X3 this week, everyone was wondering what the actual schedule of the workouts would look like. This is your schedule. Doubles - Want to push yourself to the limits?All of the 90-day schedules are below and available for you to print out and follow with your P90X3 journey.Don't forget to print out your workout sheets too! You can find those here -> P90X3 WorksheetsDon't have P90X3 yet?Get started with a 90 day program and only requires 30 minutes/day to get in great shape!Exclusive Offer! Get a FREE bonus workout DVD "On One Leg" (a \$19.95 value) when you order P90X3 through your Coach or Team Beachbody®.LIMITED-TIME EXCLUSIVE OFFER—Receive a premium-quality P90X3 hat (a \$24.95 value) when you order P90X3 through your Coach or Team Beachbody. But I am always open to trying new things. Along with some others only bc I can tell by the change in font.. I just did 645 and enjoyed this as a good mix of weights, cardio and stretching. Auto-renew may be turned off by going to your Account Settings after purchase. Beachbody On Demand subscriptions are available as In-App Purchases. So keep being you . I love it. They aren't for everyone unless consulted with a physician first. Programs include:● 10 Rounds™● Barre Blend™● 4 Weeks of THE PREP™● 6 Weeks of THE WORK™● Morning Meltdown 100● Transform :20™● SHIFT SHOP● LIIFT4● 80 Day Obsession● PiYo● 21 Day Fix● CORE DE FORCE● 22 Minute Hard Corps● P90X● CIZE● Body Beast● 3 Week Yoga Retreat● Country Heat● INSANITY● YOUv2● Hip Hop Abs● TurboFire● Fixate● cooking show and recipes● Ultimate Portion Fix● 2B Mindset...and more!Please Note: Beachbody® On Demand integrates with the Health App. Having access to all historical BB workouts is great and allows you to mix and match or just try something to see if you even like it before committing to the entire workout A few items to get it to 5 stars: 1-while there workout tracker rather than having to print out paper versions of the trackers the old p90x app allowed you to track your weights and reps in the app so would like to see that feature added. And I eat pretty healthy and anyone could eat better etc.. All things that you should write down and keep track of for the next time you do that workout. But . We finally get a peek at those now. For more information, see the developer's privacy policy. And to make sure you reach your goals, BODgroups will connect you to a Coach and your very own workout community who can help keep you accountable and motivated.FIND THE RIGHT PROGRAM FOR YOU● Many workouts take 30 mins or less and require minimal or no equipment● Select from 1,400+ strength-training, cardio, yoga, dance, mixed martial arts, and other workouts designed to fit your goals and preferences● Modifiers demonstrate easier versions of the moves in real time● Access complete fitness programs or mix and match your favorite workouts to make a program all your ownWORKOUT ANYWHERE, ANYTIME● Stream workouts via iPhone, iPad, Apple TV, Roku and many other devices● Select the streaming and download qualities that fit your needs● Download videos and workouts even when you're offlineGET BETTER RESULTS, TOGETHER USING BODGROUPS● Join a group, where you can connect with others looking to get fit and healthy too● Get positive support from your Coach and workout buddies to help you stay on track● Log your daily workouts, nutrition, Shakeology, water intake, as well as weight and measurements with built-in tracking toolsACCESS PREMIUM NUTRITION PROGRAMS ● Discover proven strategies to help support sustainable weight loss in the 2B Mindset and Ultimate Portion Fix program videos● Complement your fitness routine with customized nutrition plans, the latest recipes, meal prep tips and more● Note that some enhanced premium nutrition content and functionality is available with additional purchaseSUBSCRIPTIONThe Beachbody On Demand fitness app is free to download. If you don't have a coach yet and want one, I'd love to be your coach and help you through a fitness program. The following data may be collected and linked to your identity: Health & Fitness Location Contact Info User Content Search History Identifiers Usage Data Diagnostics The following data may be collected but it is not linked to your identity: Privacy practices may vary, for example, based on the features you use or your age. I've been told.. The new 645 platform works a whole bunch of different body parts for functional fitness so it is helping me since I am in the over 50 category and trying to stay stretched out. Want more? You can subscribe and pay through your iTunes account. I do love working out and this gives an option to work out at home and also if you choose to use other program materials offered in the Beachbody LLC program. I know that I cannot wait to do P90X3 again, and now I know where to go the download and print out any P90X3 worksheets that I may need. I just choose to cook or eat what my body craves. It is the right thing to do . Joel's Liift 4 and mbfa are still favorites as is 22 min hard corps for a quick workout with high burn. Learn More Developer Website App Support Privacy Policy This program is a form of therapy for many. The app is laid out well and it is easy to use. Buy P90X3 Now P90X3 Calendar - ClassicClick image below for a printable version (PDF) of the Classic calendar.P90X3 Calendar - MassClick image below for a printable version (PDF) of the Mass calendar.P90X3 Calendar - LeanClick image below for a printable version (PDF) of the Lean calendar.P90X3 Calendar - DoublesClick image below for a printable version (PDF) of the Doubles calendar.P90X3 Calendar - EliteClick image below for a printable version (PDF) of the Elite calendar.If you need to find someone that will hold you accountable, answer your questions, help you, and PUSH YOU for the entire duration of your workout! Luckily for you, that's what me and my team are here for. The developer, Beachbody, LLC, indicated that the app's privacy practices may include handling of data as described below. And every person is different and works out on different levels..programs etc. I don't discriminate against anyone who wants to. I am available to help you reach your goals!Join The Team Now! Welcome to P90X3, if you have this workout, and you have done it, you probably love it. Your subscription will automatically renew, unless cancelled at least 24 hours before the end of the current period. Not a high calorie burn so just a heads up on this. P90X3 Calendar Click to Download P90X3 Quickstart Guide Click to download P90X3 Fitness Guide Click to Download Well that is about all the information that I can find on P90X3, I hope this is a blessing to you. No cancellation of the current subscription is allowed during the active subscription period.Prices will vary by location.Subscription to BOD provides access to dozens of Beachbody's world-class programs led by top trainers, including Autumn Calabrese, Joel Freeman, Jericho McMatthews, Shaun T, and others. And will continue to use it regardless of anything. Working out for me has never been an issue. It is great to have a spare copy of the P90X3 worksheets on your computer, but sometimes you want a little more, like the workout calendar, the quick start guide, or maybe the entire fitness guide. But . I think someone is in the app store editing Beachbody LLC end terms. And . 2-don't make the app subscribers wait months for new content as we are paying the annual fee so release it to the app at the same time. There are 4 schedules that are provided and all of them can be done with just the Base Kit of P90X3.Classic - Start here if you are new to P90X and fitness.Lean - A muscle sculpting and shaping scheduleMass - Looking to add some size with X3? The style and I remember what it said before and it wasn't that. Although I don't want to lift lol. I love it. And you probably have done it more than once, hence the need for more P90X3 Worksheets! The creator of all the P90X workouts, Tony Horton took everything he learned from P90X® and P90X2®—coupled it with new science that shows intense 30-minute workouts can get you in better shape faster—and slammed it all into overdrive. These short, targeted, intense workouts that take just 30 minutes— without a doubt give great results. So without further jabbering, here are the P90X3 worksheets, these are free pdf's, just click on the image or the text above, and it will take you to the P90X3 worksheets. May 12, 2022 Version 5.5.0 We are excited to announce Beachbody On Demand version v5.5.0! - Bug fixes and performance enhancements I have been struggling to find energy just to complete basic everyday tasks , the thought of exercise was impossible! I would wake up counting down the minutes until bedtime ! I have had multiply back , knee and other joint related surgeries over the past 20 years , struggling with physical pain daily ! I have tried everything from vitamins , stimulates caffeine , and spending thousands on very product that claimed Weight loss ,give me endless energy and would love the results it came down to either I didn't follow the instructions or they just didn't deliver what they promised !Being trapped inside like everyone else has taken the last of my motivation ! After seeing the ad on tv for beach body I figured I had nothing to loose so I signed up ! I discovered after just a few work outs that the miracle quick fix industry-who manipulates , Control's and gets rich by exploiting those desperately searching for help trapped in a cycle of disappointment! The very first work out ( my only physical activity was bowling twice a week ) it was not pretty but fun ! That day I didn't sit down all ! I discovered only I have the power to change my life ! I have never felt like this in my 52 years of life ! I will update each week of my progress ! Thank you I have subscribed to BOD for over six years and I am enjoying having access to all of the workouts and the portability of being able to workout when I travel. It was/ is positive so I just thought I should let someone know. Maybe if you have been a BOD member for 3 years or something you get preferred early access to new content I have not tried any of the live stuff yet. Well like all of the P90X workouts, there is some weight lifting involved, and push ups and pull ups as well. Just click on the text or images below. You'll also find easy-to-follow eating plans and nutrition programs, plus tools to track your progress. But overall still a 5 js. Click to download Click Image to Download Need More Than Just the P90X3 Worksheets?

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