



In the space provided next to the workout, enter the number of **reps** you completed and the **weight** you used (if applicable).

R = REPS W = WEIGHT I = INTENSITY

For cardio and interval training workouts, enter your **intensity** level on a scale of **1 to 10**, with 10 being the perfect workout, so you can track your progress.

There are many ways to create a hybrid using P90X and Turbo Fire. This is just one example. Call it P90X/TF Classic, if you will. For more possibilities check the Message Boards.

Week 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Day 1 – Chest & Back + ARX	R ____ W ____ I ____			
Day 2 – Fire 30 + Stretch 10	R ____ W ____ I ____			
Day 3 – Rest	R ____ W ____ I ____			
Day 4 – Shoulders & Arms + ARX	R ____ W ____ I ____			
Day 5 – Low HIIT 20 + Stretch 10	R ____ W ____ I ____			
Day 6 – Legs & Back + ARX	R ____ W ____ I ____			
Day 7 – Fire 30 + Stretch 10	R ____ W ____ I ____			
Week 2		R ____ W ____ I ____		
Day 1 – Chest & Back + ARX		R ____ W ____ I ____		
Day 2 – Fire 40 + Stretch 10		R ____ W ____ I ____		
Day 3 – Rest		R ____ W ____ I ____		
Day 4 – Shoulders & Arms + ARX		R ____ W ____ I ____		
Day 5 – Low HIIT 25 + Stretch 10		R ____ W ____ I ____		
Day 6 – Legs & Back + ARX		R ____ W ____ I ____		
Day 7 – Fire 30 + Stretch 10				
Week 3			R ____ W ____ I ____	
Day 1 – Chest & Back + ARX			R ____ W ____ I ____	
Day 2 – Fire 40 + Stretch 10			R ____ W ____ I ____	
Day 3 – Rest			R ____ W ____ I ____	
Day 4 – Shoulders & Arms + ARX			R ____ W ____ I ____	
Day 5 – Low HIIT 25 + Stretch 10			R ____ W ____ I ____	
Day 6 – Legs & Back + ARX			R ____ W ____ I ____	
Day 7 – Fire 40 + Stretch 10				
Week 4 (Transition)				
Day 1 – Yoga X				R ____ W ____ I ____
Day 2 – HIIT 20 + Stretch 10				R ____ W ____ I ____
Day 3 – Rest				R ____ W ____ I ____
Day 4 – Core Synergistics				R ____ W ____ I ____
Day 5 – HIIT 15 + Abs 10 + Stretch 10				R ____ W ____ I ____
Day 6 – Yoga X				R ____ W ____ I ____
Day 7 – Kenpo X				R ____ W ____ I ____

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Week 5	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Day 1 – Back & Biceps + ARX	R ____ W ____ I ____			
Day 2 – Plyometrics	R ____ W ____ I ____			
Day 3 – Rest	R ____ W ____ I ____			
Day 4 – Chest, Shoulders, Tris + ARX	R ____ W ____ I ____			
Day 5 – Fire 45 + Stretch 10	R ____ W ____ I ____			
Day 6 – Legs & Back + ARX	R ____ W ____ I ____			
Day 7 – Fire 30 + Stretch 10	R ____ W ____ I ____			
Week 6				
Day 1 – Back & Biceps + ARX	R ____ W ____ I ____			
Day 2 – Plyometrics	R ____ W ____ I ____			
Day 3 – Rest	R ____ W ____ I ____			
Day 4 – Chest, Shoulders, Tris + ARX	R ____ W ____ I ____			
Day 5 – Fire 55 + Stretch 10	R ____ W ____ I ____			
Day 6 – Legs & Back + ARX	R ____ W ____ I ____			
Day 7 – Fire 40 + Stretch 10	R ____ W ____ I ____			
Week 7				
Day 1 – Back & Biceps + ARX			R ____ W ____ I ____	
Day 2 – Plyometrics			R ____ W ____ I ____	
Day 3 – Rest			R ____ W ____ I ____	
Day 4 – Chest, Shoulders, Tris + ARX			R ____ W ____ I ____	
Day 5 – Fire 40 + Stretch 10			R ____ W ____ I ____	
Day 6 – Legs & Back + ARX			R ____ W ____ I ____	
Day 7 – Fire 40 + Stretch 10			R ____ W ____ I ____	
Week 8				
Day 1 – Yoga X				R ____ W ____ I ____
Day 2 – Low HIIT 25 + Stretch 10				R ____ W ____ I ____
Day 3 – Off				R ____ W ____ I ____
Day 4 – Core Synergistics				R ____ W ____ I ____
Day 5 – Low HIIT 20 + Stretch 10				R ____ W ____ I ____
Day 6 – Yoga X				R ____ W ____ I ____
Day 7 – Kenpo X				R ____ W ____ I ____

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Week 9	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Day 1 – Chest & Back + ARX	R ____ W ____ I ____			
Day 2 – HIIT 20 + Stretch 10	R ____ W ____ I ____			
Day 3 – Rest	R ____ W ____ I ____			
Day 4 – Shoulders & Arms + ARX	R ____ W ____ I ____			
Day 5 – Fire 45	R ____ W ____ I ____			
Day 6 – Legs & Back + ARX	R ____ W ____ I ____			
Day 7 – HIIT 20 + Stretch 10	R ____ W ____ I ____			
Week 10				
Day 1 – Back & Biceps + ARX		R ____ W ____ I ____		
Day 2 – HIIT 25 + Stretch 10		R ____ W ____ I ____		
Day 3 – Rest		R ____ W ____ I ____		
Day 4 – Chest, Shoulders, Tris + ARX		R ____ W ____ I ____		
Day 5 – Fire 45		R ____ W ____ I ____		
Day 6 – Legs & Back + ARX		R ____ W ____ I ____		
Day 7 – HIIT 20 + Stretch 10		R ____ W ____ I ____		
Week 11				
Day 1 – Chest & Back + ARX			R ____ W ____ I ____	
Day 2 – HIIT 25 + Stretch 10			R ____ W ____ I ____	
Day 3 – Rest			R ____ W ____ I ____	
Day 4 – Shoulders & Arms + ARX			R ____ W ____ I ____	
Day 5 – Fire 55			R ____ W ____ I ____	
Day 6 – Legs & Back + ARX			R ____ W ____ I ____	
Day 7 – HIIT 20 + Stretch 10			R ____ W ____ I ____	
Week 12				
Day 1 – Back & Biceps + ARX				R ____ W ____ I ____
Day 2 – HIIT 25 + Stretch 10				R ____ W ____ I ____
Day 3 – Rest				R ____ W ____ I ____
Day 4 – Chest, Shoulders, Tris + ARX				R ____ W ____ I ____
Day 5 – Fire 55				R ____ W ____ I ____
Day 6 – Legs & Back + ARX				R ____ W ____ I ____
Day 7 – HIIT 25 + Stretch 10				R ____ W ____ I ____

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Week 13 (With Advanced Classes)	WEEK 13	WEEK 14	WEEK 15	WEEK 16
Day 1 – Yoga X	R ____ W ____ I ____			
Day 2 – Sculpt 30 + Stretch 10	R ____ W ____ I ____			
Day 3 – Rest	R ____ W ____ I ____			
Day 4 – Core Synergistics	R ____ W ____ I ____			
Day 5 – Kenpo X	R ____ W ____ I ____			
Day 6 – Core 20 + Stretch 10	R ____ W ____ I ____			
Day 7 – Yoga X	R ____ W ____ I ____			
Week 14 (With Advanced Classes)				
Day 1 – Low HIIT 20 + Sculpt 30 + Stretch 10		R ____ W ____ I ____		
Day 2 – Fire 45 + Stretch 10		R ____ W ____ I ____		
Day 3 – Rest		R ____ W ____ I ____		
Day 4 – HIIT 20 + Core 20 + Stretch 10		R ____ W ____ I ____		
Day 5 – Fire 40 + Stretch 10		R ____ W ____ I ____		
Day 6 – Low HIIT 20 + Tone 30 + Stretch 10		R ____ W ____ I ____		
Day 7 – Fire 45 + Stretch 10		R ____ W ____ I ____		
Week 15 (With Advanced Classes)				
Day 1 – Low HIIT 25 + Sculpt 30 + Stretch 10			R ____ W ____ I ____	
Day 2 – Fire 55 + Stretch 10			R ____ W ____ I ____	
Day 3 – Rest			R ____ W ____ I ____	
Day 4 – HIIT 25 + Core 20 + Stretch 10			R ____ W ____ I ____	
Day 5 – Fire 45 + Stretch 10			R ____ W ____ I ____	
Day 6 – Low HIIT 25 + Tone 30 + Stretch 10			R ____ W ____ I ____	
Day 7 – Fire 55 + Stretch 10			R ____ W ____ I ____	
Week 16 (With Advanced Classes)				
Day 1 – Low HIIT 25 + Sculpt 30 + Stretch 10				R ____ W ____ I ____
Day 2 – Fire 60 + Stretch 10				R ____ W ____ I ____
Day 3 – Off				R ____ W ____ I ____
Day 4 – HIIT 30 + Core 20 + Stretch 10				R ____ W ____ I ____
Day 5 – Fire 55 + Stretch 10				R ____ W ____ I ____
Day 6 – Low HIIT 25 + Tone 30 + Stretch 10				R ____ W ____ I ____
Day 7 – Fire 60 + Stretch 10				R ____ W ____ I ____

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Week 17 (With Advanced Classes)	WEEK 17	WEEK 18	WEEK 19	WEEK 20
Day 1 – Chest & Back + ARX	R ____ W ____ I ____			
Day 2 – HIIT 25 + Stretch 10	R ____ W ____ I ____			
Day 3 – Rest	R ____ W ____ I ____			
Day 4 – Shoulders & Arms + ARX	R ____ W ____ I ____			
Day 5 – Fire 45	R ____ W ____ I ____			
Day 6 – Legs & Back + ARX	R ____ W ____ I ____			
Day 7 – HIIT 20 + Stretch 10	R ____ W ____ I ____			
Week 18 (With Advanced Classes)				
Day 1 – Back & Biceps + ARX		R ____ W ____ I ____		
Day 2 – HIIT 25 + Stretch 10		R ____ W ____ I ____		
Day 3 – Rest		R ____ W ____ I ____		
Day 4 – Chest, Shoulders, Tris + ARX		R ____ W ____ I ____		
Day 5 – Fire 55		R ____ W ____ I ____		
Day 6 – Legs & Back + ARX		R ____ W ____ I ____		
Day 7 – HIIT 25 + Stretch 10		R ____ W ____ I ____		
Week 19 (With Advanced Classes)				
Day 1 – Chest & Back + ARX			R ____ W ____ I ____	
Day 2 – HIIT 30 + Stretch 10			R ____ W ____ I ____	
Day 3 – Rest			R ____ W ____ I ____	
Day 4 – Shoulders & Arms + ARX			R ____ W ____ I ____	
Day 5 – Fire 60			R ____ W ____ I ____	
Day 6 – Legs & Back + ARX			R ____ W ____ I ____	
Day 7 – HIIT 25 + Stretch 10			R ____ W ____ I ____	
Week 20 (With Advanced Classes)				
Day 1 – Back & Biceps + ARX				R ____ W ____ I ____
Day 2 – HIIT 30 + Stretch 10				R ____ W ____ I ____
Day 3 – Rest				R ____ W ____ I ____
Day 4 – Chest, Shoulders, Tris + ARX				R ____ W ____ I ____
Day 5 – Fire 60				R ____ W ____ I ____
Day 6 – Legs & Back + ARX				R ____ W ____ I ____
Day 7 – HIIT 30 + Stretch 10				R ____ W ____ I ____