

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

