

TAKE "BEFORE" PHOTOS,
BODY MEASUREMENTS,
AND FIT TEST.

▶ START TOTAL SYNERGISTICS	1	2 AGILITY X	3 X3 YOGA	4 THE CHALLENGE	5 CVX	6 THE WARRIOR	7 REST OR DYNAMIX
DIET Y ☐ N ☐		DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
8 TOTAL SYNERGISTICS	9 AGILITY X	10 X3 YOGA	11 THE CHALLENGE	12 CVX	13 THE WARRIOR	14 REST OR DYNAMIX	
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
15 TOTAL SYNERGISTICS	16 AGILITY X	17 X3 YOGA	18 THE CHALLENGE	19 CVX	20 THE WARRIOR	21 REST OR DYNAMIX	
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
22 ISOMETRIX	23 DYNAMIX	24 ACCELERATOR	25 PILATES X	26 CVX	27 X3 YOGA	28 REST OR DYNAMIX	
T R A N S I T I O N W E E K						▶ TAKE PHOTOS AND BODY MEASUREMENTS	
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐

▶ **NOTES**

MARK AN X
WHEN YOU FINISH
A WORKOUT.

29 ECCENTRIC UPPER	30 TRIOMETRICS	31 X3 YOGA	32 ECCENTRIC LOWER	33 INCINERATOR	34 MMX	35 REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
36 ECCENTRIC UPPER	37 TRIOMETRICS	38 X3 YOGA	39 ECCENTRIC LOWER	40 INCINERATOR	41 MMX	42 REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
43 ECCENTRIC UPPER	44 TRIOMETRICS	45 X3 YOGA	46 ECCENTRIC LOWER	47 INCINERATOR	48 MMX	49 REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
50 ISOMETRIX	51 DYNAMIX	52 ACCELERATOR	53 PILATES X	54 CVX	55 X3 YOGA	56 REST OR DYNAMIX
T R A N S I T I O N W E E K						▶ TAKE PHOTOS AND BODY MEASUREMENTS
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐

▶ NOTES

CONSULT THE FITNESS GUIDE
ON HOW TO FINISH STRONG
AND GET YOUR BEST RESULTS.

57 DECELERATOR	58 AGILITY X	59 THE CHALLENGE or COMPLEX UPPER	60 X3 YOGA	61 TRIOMETRICS	62 TOTAL SYNERGISTICS or COMPLEX LOWER	63 REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐

64 DECELERATOR	65 MMX	66 ECCENTRIC UPPER	67 TRIOMETRICS	68 PILATES X	69 ECCENTRIC LOWER	70 REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐

71 DECELERATOR	72 AGILITY X	73 THE CHALLENGE or COMPLEX UPPER	74 X3 YOGA	75 TRIOMETRICS	76 TOTAL SYNERGISTICS or COMPLEX LOWER	77 REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐

78 DECELERATOR	79 MMX	80 ECCENTRIC UPPER	81 TRIOMETRICS	82 PILATES X	83 ECCENTRIC LOWER	84 REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐

85 ISOMETRIX	86 ACCELERATOR	87 PILATES X	88 X3 YOGA	89 DYNAMIX	90 REST OR DYNAMIX	FINAL FIT TEST ▶ TAKE "AFTER" PHOTOS AND BODY MEASUREMENTS
V I C T O R Y W E E K						
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	

CLASSIC

WEEKS 1 - 3

DAY 1 - TOTAL SYNERGISTICS
 DAY 2 - AGILITY X
 DAY 3 - X3 YOGA
 DAY 4 - THE CHALLENGE
 DAY 5 - CVX
 DAY 6 - THE WARRIOR
 DAY 7 - REST OR DYNAMIX

WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX
 DAY 2 - DYNAMIX
 DAY 3 - ACCELERATOR
 DAY 4 - PILATES X
 DAY 5 - CVX
 DAY 6 - X3 YOGA
 DAY 7 - REST OR DYNAMIX

MASS

WEEKS 1 - 3

DAY 1 - TOTAL SYNERGISTICS
 DAY 2 - AGILITY X
 DAY 3 - X3 YOGA
 DAY 4 - THE CHALLENGE
 DAY 5 - PILATES X
 DAY 6 - INCINERATOR
 DAY 7 - REST OR DYNAMIX

WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX
 DAY 2 - DYNAMIX
 DAY 3 - THE WARRIOR
 DAY 4 - PILATES X
 DAY 5 - AGILITY X
 DAY 6 - X3 YOGA
 DAY 7 - REST OR DYNAMIX

LEAN

WEEKS 1 - 3

DAY 1 - ACCELERATOR
 DAY 2 - THE WARRIOR
 DAY 3 - X3 YOGA
 DAY 4 - CVX
 DAY 5 - ISOMETRIX
 DAY 6 - AGILITY X
 DAY 7 - REST OR DYNAMIX

WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX
 DAY 2 - DYNAMIX
 DAY 3 - ACCELERATOR
 DAY 4 - PILATES X
 DAY 5 - AGILITY X
 DAY 6 - X3 YOGA
 DAY 7 - REST OR DYNAMIX

DOUBLES

WEEKS 1 - 3

DAY 1 - TOTAL SYNERGISTICS & COLD START
 DAY 2 - AGILITY X & DYNAMIX
 DAY 3 - X3 YOGA
 DAY 4 - THE CHALLENGE & COLD START
 DAY 5 - CVX & DYNAMIX
 DAY 6 - THE WARRIOR
 DAY 7 - REST OR DYNAMIX

WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX
 DAY 2 - DYNAMIX
 DAY 3 - ACCELERATOR
 DAY 4 - PILATES X
 DAY 5 - AGILITY X
 DAY 6 - X3 YOGA
 DAY 7 - REST OR DYNAMIX

BLOCK 2

CLASSIC

WEEKS 5 - 7

DAY 1 - ECCENTRIC UPPER

DAY 2 - TRIOMETRICS

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC LOWER

DAY 5 - INCINERATOR

DAY 6 - MMX

DAY 7 - REST OR DYNAMIX

WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - CVX

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

MASS

WEEKS 5 - 7

DAY 1 - ECCENTRIC UPPER

DAY 2 - ECCENTRIC LOWER

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC UPPER

DAY 5 - ECCENTRIC LOWER

DAY 6 - MMX

DAY 7 - REST OR DYNAMIX

WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - THE WARRIOR

DAY 4 - PILATES X

DAY 5 - DECELERATOR

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

LEAN

WEEKS 5 - 7

DAY 1 - TRIOMETRICS

DAY 2 - THE WARRIOR

DAY 3 - X3 YOGA

DAY 4 - MMX

DAY 5 - INCINERATOR

DAY 6 - CVX

DAY 7 - REST OR DYNAMIX

WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - AGILITY X

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

DOUBLES

WEEKS 5 - 7

DAY 1 - ECCENTRIC UPPER &
ACCELERATOR

DAY 2 - TRIOMETRICS & DYNAMIX

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC LOWER & CVX

DAY 5 - INCINERATOR & ISOMETRIX

DAY 6 - MMX & DYNAMIX

DAY 7 - REST OR DYNAMIX

WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - AGILITY X & DYNAMIX

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

CLASSIC

WEEKS 9 AND 11

DAY 1 – DECELERATOR
DAY 2 – AGILITY X
DAY 3 – THE CHALLENGE OR
COMPLEX UPPER
DAY 4 – X3 YOGA
DAY 5 – TRIOMETRICS
DAY 6 – TOTAL SYNERGISTICS OR
COMPLEX LOWER
DAY 7 – REST OR DYNAMIX

WEEKS 10 AND 12

DAY 1 – DECELERATOR
DAY 2 – MMX
DAY 3 – ECCENTRIC UPPER
DAY 4 – TRIOMETRICS
DAY 5 – PILATES X
DAY 6 – ECCENTRIC LOWER
DAY 7 – REST OR DYNAMIX

WEEK 13 – VICTORY WEEK

DAY 1 – ISOMETRIX
DAY 2 – ACCELERATOR
DAY 3 – PILATES X
DAY 4 – X3 YOGA
DAY 5 – DYNAMIX
DAY 6 – REST OR DYNAMIX
DAY 7 – FINAL FIT TEST &
PHOTO SHOOT

LEAN

WEEKS 9 AND 11

DAY 1 – DECELERATOR
DAY 2 – MMX
DAY 3 – ECCENTRIC LOWER OR
COMPLEX LOWER
DAY 4 – X3 YOGA
DAY 5 – TRIOMETRICS
DAY 6 – ECCENTRIC UPPER OR
COMPLEX UPPER
DAY 7 – REST OR DYNAMIX

WEEKS 10 AND 12

DAY 1 – MMX
DAY 2 – DECELERATOR
DAY 3 – TRIOMETRICS
DAY 4 – PILATES X
DAY 5 – DECELERATOR
DAY 6 – CVX
DAY 7 – REST OR DYNAMIX

WEEK 13 – VICTORY WEEK

DAY 1 – ISOMETRIX
DAY 2 – ACCELERATOR
DAY 3 – PILATES X
DAY 4 – X3 YOGA
DAY 5 – DYNAMIX
DAY 6 – REST OR DYNAMIX
DAY 7 – FINAL FIT TEST &
PHOTO SHOOT

MASS

WEEKS 9 AND 11

DAY 1 – ECCENTRIC UPPER
DAY 2 – ECCENTRIC LOWER
DAY 3 – X3 YOGA
DAY 4 – ECCENTRIC UPPER
DAY 5 – ECCENTRIC LOWER
DAY 6 – MMX
DAY 7 – REST OR DYNAMIX

WEEKS 10 AND 12

DAY 1 – TOTAL SYNERGISTICS
DAY 2 – AGILITY X
DAY 3 – X3 YOGA
DAY 4 – THE CHALLENGE
DAY 5 – PILATES X
DAY 6 – INCINERATOR
DAY 7 – REST OR DYNAMIX

WEEK 13 – VICTORY WEEK

DAY 1 – ISOMETRIX
DAY 2 – X3 YOGA
DAY 3 – DECELERATOR
DAY 4 – ECCENTRIC LOWER
DAY 5 – ECCENTRIC UPPER
DAY 6 – DYNAMIX
DAY 7 – FINAL FIT TEST &
PHOTO SHOOT

DOUBLES

WEEKS 9 AND 11

DAY 1 – DECELERATOR &
ACCELERATOR
DAY 2 – MMX & PILATES X
DAY 3 – THE CHALLENGE OR
COMPLEX UPPER &
X3 AB RIPPER OR DYNAMIX
DAY 4 – X3 YOGA & AGILITY X
DAY 5 – TRIOMETRICS &
ISOMETRIX
DAY 6 – TOTAL SYNERGISTICS OR
COMPLEX LOWER &
X3 AB RIPPER OR DYNAMIX
DAY 7 – REST OR DYNAMIX

WEEKS 10 AND 12

DAY 1 – DECELERATOR &
ACCELERATOR
DAY 2 – CVX & PILATES X
DAY 3 – ECCENTRIC UPPER &
MMX
DAY 4 – TRIOMETRICS &
ISOMETRIX
DAY 5 – X3 YOGA & CVX
DAY 6 – ECCENTRIC LOWER &
DYNAMIX
DAY 7 – REST OR DYNAMIX

WEEK 13 – VICTORY WEEK

DAY 1 – ISOMETRIX
DAY 2 – ACCELERATOR
DAY 3 – PILATES X
DAY 4 – X3 YOGA
DAY 5 – DYNAMIX
DAY 6 – REST OR DYNAMIX
DAY 7 – FINAL FIT TEST &
PHOTO SHOOT



ELITE BLOCK

THE ELITE BLOCK DEVELOPS POWER
FOR ATHLETIC PERFORMANCE.
POWER IS DEFINED AS THE ABILITY
TO EXERT MAXIMUM EXPLOSIVE STRENGTH.

► START COMPLEX UPPER & X3 AB RIPPER	COMPLEX LOWER	X3 YOGA	COMPLEX UPPER & X3 AB RIPPER	COMPLEX LOWER	PILATES X	REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
COMPLEX UPPER & X3 AB RIPPER	COMPLEX LOWER	X3 YOGA	COMPLEX UPPER & X3 AB RIPPER	COMPLEX LOWER	PILATES X	REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
COMPLEX UPPER & X3 AB RIPPER	COMPLEX LOWER	X3 YOGA	COMPLEX UPPER & X3 AB RIPPER	COMPLEX LOWER	PILATES X	REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
COMPLEX UPPER & X3 AB RIPPER	COMPLEX LOWER	X3 YOGA	COMPLEX UPPER & X3 AB RIPPER	COMPLEX LOWER	PILATES X	REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐
AGILITY X	X3 YOGA	CVX	PILATES X	ISOMETRIX	DYNAMIX	FIT TEST
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐

E L I T E W E E K

► TAKE PHOTOS
AND BODY
MEASUREMENTS

► NOTES



ELITE BLOCK

THE ADVANCED LEVEL

The Elite Block is focused primarily on complex training. This is a very intense style of training, centered around post-activation potentiation, a powerful tool for increasing athletic performance. It's placed at the end of the program because a solid fitness foundation is a prerequisite for getting the most out of post-activation potentiation. You won't find it in the Mass rotation because complex training emphasizes speed and power over muscle growth.

HERE ARE THE VARIATIONS FOR THE **ELITE BLOCK** CALENDARS:

CLASSIC / LEAN – ELITE BLOCK

WEEKS 14 – 16

DAY 1 – COMPLEX UPPER &
X3 AB RIPPER

DAY 2 – COMPLEX LOWER

DAY 3 – X3 YOGA

DAY 4 – COMPLEX UPPER &
X3 AB RIPPER

DAY 5 – COMPLEX LOWER

DAY 6 – PILATES X

DAY 7 – REST OR DYNAMIX

DOUBLES – ELITE BLOCK

WEEKS 14 – 16

DAY 1 – COMPLEX UPPER, X3 AB RIPPER,
& ACCELERATOR

DAY 2 – COMPLEX LOWER & ISOMETRIX

DAY 3 – X3 YOGA & PILATES X

DAY 4 – COMPLEX UPPER,
X3 AB RIPPER, & CVX

DAY 5 – COMPLEX LOWER & MMX

DAY 6 – X3 YOGA & PILATES X

DAY 7 – REST OR DYNAMIX

TAKE THE NEXT STEP – P90X® AND P90X2®

P90X3's strategic use of the 30-minute window of opportunity is very efficient for creating adaptive stress on the body. At some point you will adapt, and when you do, P90X and P90X2 are there to help you take the next step.

Both of these programs work on the Muscle Confusion™ template. P90X2 takes things further by adding training blocks for both Foundation and Performance, while most of P90X focuses on what's called the Strength Phase in P90X2. Because the Muscle Integration System of P90X2 is more thorough, following P90X3® with P90X2 and finishing things off with the original is the recommended protocol for those of you wanting to wring every last shred of fitness potential out of your body.

Of course you'll also be able to do additional rounds of P90X3 to further your results, especially using the Elite Block and the alternate rotations. But when you really want to step things up, P90X and P90X2 are your ticket to professional-level human performance.

To order P90X or P90X2, contact your Team Beachbody® Coach or visit P90X.com or P90X2.com.