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## J200X Extreme Home Fitness V3 > Jay's 200-Day Program

P90X-Plus-Insanity-Hybrid (July-August 2010)

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JW00 === Treadmill === (Recovery)

JW01 Insanity Week 1

JW02 P90X Week 1

JW03 Insanity Week 2

JW04 === Treadmill === (Recovery)

JW05 P90X Week 2

JW06 Insanity Week 3

JW07 P90X Week 3

JW08 === Treadmill === (Recovery)

JW09 Insanity Week 4

JW10 P90X Week 4 (Recovery)

JW11 Insanity Week (Recovery)

JW12 === Treadmill === (Recovery)

JW13 P90X Week 5

JW14 P90X Week 6

JW15 P90X Week 7

JW16 === Treadmill === (Recovery)

JW17 Insanity Week 5

JW18 P90X Week 8 (Recovery)

JW19 Insanity Week 6

JW20 === Treadmill === (Recovery)

JW21 P90X Week 9

JW22 Insanity Week 7

JW23 P90X Week 10

JW24 === Treadmill === (Recovery)

JW25 Insanity Week 8

JW26 P90X Week 11

JW27 P90X Week 12

JW28 P90X Week 13 (Recovery)

JW29 === Treadmill === (Recovery)

# J200X

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## P90X-Plus-Insanity-Hybrid (July-August 2010)

### JW00 === Treadmill === (Recovery)

- 1-4 miles in 20-40 min (5x)      \_-5 \_-4 \_-3 \_-2 \_-1      (Low Intensity Programs)
- (Off)

### JW01 Insanity Week 1

- Fit Test [25 min]      \_1\_ (Monday)
- Plyometric Cardio Circuit [40 min]      —
- Cardio Power & Resistance [40 min]      —
- Cardio Recovery [35 min]      —
- Pure Cardio [40 min]      —
- (Off)      —
- Plyometric Cardio Circuit [40 min]      —

### JW02 P90X Week 1

- |                                 |     |     |     |     |     |
|---------------------------------|-----|-----|-----|-----|-----|
|                                 | W01 | W02 | W03 | W09 | W11 |
| • Chest & Back (& Ab Ripper X)  | _8_ | _29 | _43 | 141 | 176 |
| • Plyometrics                   | —   | —   | —   | —   | —   |
| • Shoulders & Arms (& Ab Rip X) | —   | —   | —   | —   | —   |
| • Yoga X                        | —   | —   | —   | —   | —   |
| • Legs & Back (& Ab Ripper X)   | —   | —   | —   | —   | —   |
| • (Rest or X Stretch)           | —   | —   | —   | —   | —   |
| • Kenpo X                       | —   | —   | —   | —   | —   |

- Optional P90X+ Plus
- Upper Plus (& Abs/Core)
- Interval X (& Abs/Core)
- Total Body Plus
- Upper Plus (& Abs/Core)
- Kenpo Cardio Plus

### JW03 Insanity Week 2

- Cardio Power & Resistance [40 min]      \_15
- Pure Cardio [40 min]      —
- Plyometric Cardio Circuit [40 min]      —
- Cardio Recovery [35 min]      —
- Cardio Power & Resistance [40 min]      —
- (Off)      —
- Pure Cardio (& Cardio Abs) [60 min]      —

### JW04 === Treadmill === (Recovery)

- 1-4 miles in 20-40 min (5x)      \_22    —    —    —    —      (Low Intensity Programs)
- (Off)      —    —

### JW05 P90X Week 2

- (Same as P90X Week 1)

### JW06 Insanity Week 3

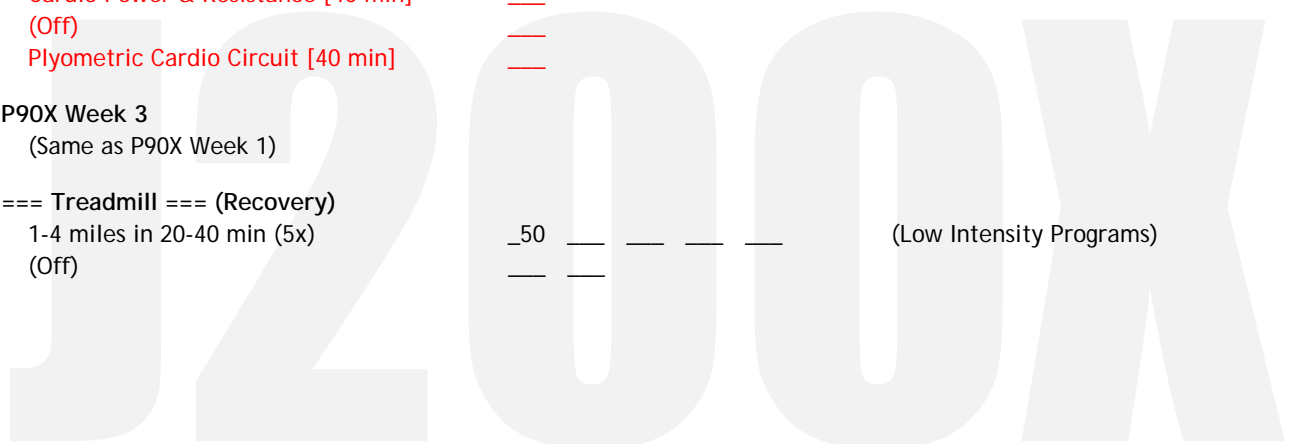
- Fit Test [25 min]      \_36
- Plyometric Cardio Circuit [40 min]      —
- Pure Cardio (& Cardio Abs) [60 min]      —
- Cardio Recovery [35 min]      —
- Cardio Power & Resistance [40 min]      —
- (Off)      —
- Plyometric Cardio Circuit [40 min]      —

### JW07 P90X Week 3

- (Same as P90X Week 1)

### JW08 === Treadmill === (Recovery)

- 1-4 miles in 20-40 min (5x)      \_50    —    —    —    —      (Low Intensity Programs)
- (Off)      —    —



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## P90X-Plus-Insanity-Hybrid (July-August 2010)

### JW09 Insanity Week 4

- Pure Cardio (& Cardio Abs) [60 min]      \_57
- Cardio Power & Resistance [40 min]       \_\_\_
- Plyometric Cardio Circuit [40 min]       \_\_\_
- Cardio Recovery [35 min]                 \_\_\_
- Pure Cardio (& Cardio Abs) [60 min]       \_\_\_
- (Off)   \_\_\_
- Plyometric Cardio Circuit [40 min]       \_\_\_

### JW10 P90X Week 4 (Recovery)

- |                       |            |            |            |  |
|-----------------------|------------|------------|------------|--|
|                       | <b>W04</b> | <b>W08</b> | <b>W13</b> |  |
| • Yoga X              | _64        | 120        | 190        |  |
| • Core Synergistics   | ___        | ___        | ___        |  |
| • Kenpo X             | ___        | ___        | ___        |  |
| • X Stretch           | ___        | ___        | ___        |  |
| • Core Synergistics   | ___        | ___        | ___        |  |
| • (Rest or X Stretch) | ___        | ___        | ___        |  |
| • Yoga X              | ___        | ___        | ___        |  |

Optional P90X+ Plus  
Biceps or Chest (& Ab Rip)

Chest, Sh, Tri or Sh, Arms  
X Stretch (& Abs/Core)  
Legs & Back

### JW11 Insanity Week (Recovery)

- |                                       |     |     |     |     |     |
|---------------------------------------|-----|-----|-----|-----|-----|
| • Core Cardio & Balance (5x) [40 min] | _71 | ___ | ___ | ___ | ___ |
| • (Off)                               | ___ | ___ | ___ | ___ | ___ |

### JW12 === Treadmill === (Recovery)

- |                               |     |     |     |     |     |
|-------------------------------|-----|-----|-----|-----|-----|
| • 1-4 miles in 20-40 min (5x) | _78 | ___ | ___ | ___ | ___ |
| • (Off)                       | ___ | ___ | ___ | ___ | ___ |

(Med Intensity Programs)

### JW13 P90X Week 5

- |  |            |            |            |            |            |
|--|------------|------------|------------|------------|------------|
|  | <b>W05</b> | <b>W06</b> | <b>W07</b> | <b>W10</b> | <b>W12</b> |
| • Chest, Shoulders, Triceps (& Ab Rip X) | _85        | _92        | _99        | 155        | 183        |
| • Plyometrics                            | ___        | ___        | ___        | ___        | ___        |
| • Back & Biceps (& Ab Ripper X)          | ___        | ___        | ___        | ___        | ___        |
| • Yoga X                                 | ___        | ___        | ___        | ___        | ___        |
| • Legs & Back (& Ab Ripper X)            | ___        | ___        | ___        | ___        | ___        |
| • (Rest or X Stretch)                    | ___        | ___        | ___        | ___        | ___        |
| • Kenpo X                                | ___        | ___        | ___        | ___        | ___        |

Optional P90X+ Plus  
Upper Plus (& Abs/Core)

Total Body Plus

Upper Plus (& Abs/Core)

Kenpo Cardio Plus

### JW14 P90X Week 6

- (Same as P90X Week 5)

### JW15 P90X Week 7

- (Same as P90X Week 5)

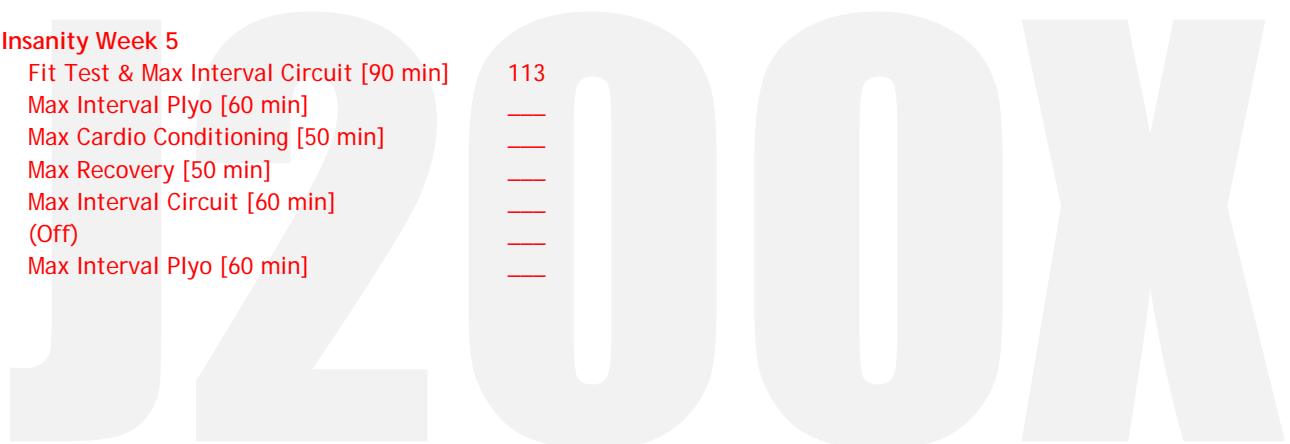
### JW16 === Treadmill === (Recovery)

- |                               |     |     |     |     |     |
|-------------------------------|-----|-----|-----|-----|-----|
| • 1-4 miles in 20-40 min (5x) | 106 | ___ | ___ | ___ | ___ |
| • (Off)                       | ___ | ___ | ___ | ___ | ___ |

(Low Intensity Programs)

### JW17 Insanity Week 5

- |  |     |
|--|-----|
| • Fit Test & Max Interval Circuit [90 min] | 113 |
| • Max Interval Plyo [60 min]               | ___ |
| • Max Cardio Conditioning [50 min]         | ___ |
| • Max Recovery [50 min]                    | ___ |
| • Max Interval Circuit [60 min]            | ___ |
| • (Off)                                    | ___ |
| • Max Interval Plyo [60 min]               | ___ |



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### JW18 P90X Week 8 (Recovery)

- (Same as P90X Week 4)

### JW19 Insanity Week 6

- Max Cardio Conditioning [50 min] 127
- Max Interval Circuit [60 min] —
- Max Interval Plyo [60 min] —
- Max Recovery [50 min] —
- Max Cardio Cond (& Insane Abs\*) [90] —
- (Off) —
- Max Interval Sports Training\* [60 min] —

### JW20 === Treadmill === (Recovery)

- 1-4 miles in 20-40 min (5x) 134 — — — — (Low Intensity Programs)
- (Off) — —

### JW21 P90X Week 9

- (Same as P90X Week 1)

### JW22 Insanity Week 7

- Fit Test & Max Interval Circuit [90 min] 148
- Max Interval Plyo [60 min] —
- Max Cardio Cond (& Insane Abs\*) [90] —
- Max Recovery [50 min] —
- Max Interval Circuit [60 min] —
- (Off) —
- Max Interval Sports Training\* [60 min] —

### JW23 P90X Week 10

- (Same as P90X Week 5)

### JW24 === Treadmill === (Recovery)

- 1-4 miles in 20-40 min (5x) 162 — — — — (Med Intensity Programs)
- (Off) — —

### JW25 Insanity Week 8

- Max Interval Plyo [60 min] 169
- Max Cardio Cond (& Insane Abs\*) [90] —
- Max Interval Circuit [60 min] —
- Max Interval Sports Training\* [60 min] —
- Max Interval Plyo [60 min] —
- Max Cardio Cond (& Insane Abs\*) [90] —
- Fit Test [25 min] —

### JW26 P90X Week 11

- (Same as P90X Week 1)

### JW27 P90X Week 12

- (Same as P90X Week 5)

### JW28 P90X Week 13 (Recovery)

- (Same as P90X Week 4)

### JW29 === Treadmill === (Recovery)

- 1-4 miles in 20-40 min (5x) 197 — — 200 Done! (Med Intensity Programs)
- (Off)

