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

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

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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JW00 === Treadmill === (Recovery)

- 1-4 miles in 20-40 min (5x) (Low-Med) _-7 _-6 _-5 _-4 _-3
- (Off) _-2 _-1

Optional Jillian Michaels
Banish Fat, Trouble Zones
Yoga Meltdown

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
(Same or Jillian's Yoga)
Upper Plus (& Abs/Core)
(Same)
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) (Low-Med) _22 ___ ___ ___ ___
- (Off) ___ ___

Optional Jillian Michaels
Banish Fat, Trouble Zones
Yoga Meltdown

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] ___

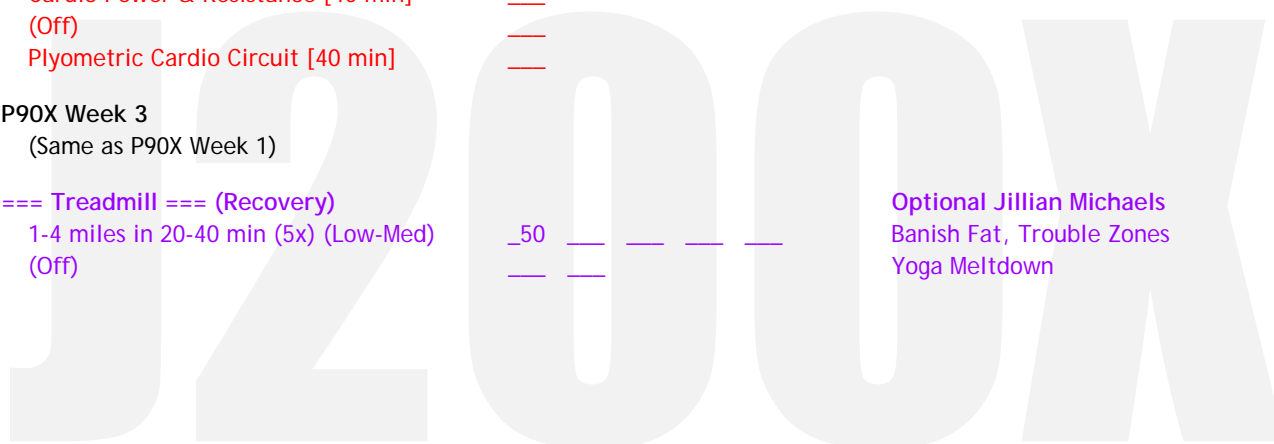
JW07 P90X Week 3

- (Same as P90X Week 1)

JW08 === Treadmill === (Recovery)

- 1-4 miles in 20-40 min (5x) (Low-Med) _50 ___ ___ ___ ___
- (Off) ___ ___

Optional Jillian Michaels
Banish Fat, Trouble Zones
Yoga Meltdown



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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)

- | | | | |
|-----------------------|------------|------------|------------|
| | W04 | W08 | W13 |
| • 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)
(Same or Jillian's Trouble)
Chest, Sh, Tri or Sh, Arms
X Stretch (& Abs/Core)
Legs & Back
(Same)
(Same or Jillian's Yoga)

JW11 Insanity Week (Recovery)

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

Optional Jillian Michaels
Banish Fat, Trouble Zones
Yoga Meltdown

JW12 === Treadmill === (Recovery)

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

Optional Jillian Michaels
Banish Fat, Trouble Zones
Yoga Meltdown

JW13 P90X Week 5

- | | | | | | |
|--|------------|------------|------------|------------|------------|
| | W05 | W06 | W07 | W10 | W12 |
| • 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)
(Same or Jillian's Banish)
Total Body Plus
(Same or Jillian's Yoga)
Upper Plus (& Abs/Core)
(Same)
Kenpo Cardio Plus

JW14 P90X Week 6

- (Same as P90X Week 5)

JW15 P90X Week 7

- (Same as P90X Week 5)

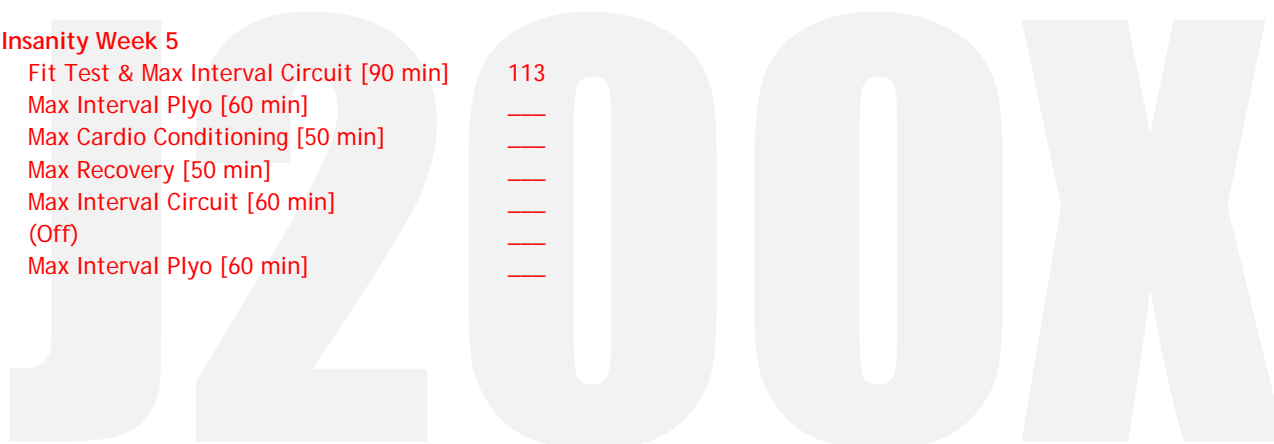
JW16 === Treadmill === (Recovery)

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

Optional Jillian Michaels
Banish Fat, Trouble Zones
Yoga Meltdown

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) (Low-Med) 134 — — — —
- (Off) — —

Optional Jillian Michaels
Banish Fat, Trouble Zones
Yoga Meltdown

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) (Med-High) 162 — — — —
- (Off) — —

Optional Jillian Michaels
Banish Fat, Trouble Zones
Yoga Meltdown

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) (Med-High) 197 — — 200 Done!
- (Off)

Optional Jillian Michaels
Banish Fat, Trouble Zones
Yoga Meltdown

