

J200X Extreme Home Fitness V7 > Jay's 200-Day Program

P90X-Plus-Beachbody-Meltdown-Hybrid (August 2010)

Daily Schedule

JW00 (Recovery)							
Program\Day	-7	-6	-5	-4	-3	-2	-1
Jillian Michaels	Banish Fat	Trouble Zones	Yoga Meltdown	Banish Fat	Trouble Zones	(Off)	Yoga Meltdown
Optional Hip Hop Abs	Fat Burn (& Ab Sculpt W)	Fat Burn (& Ab Sculpt W)	Fat Burn (& Ab Sculpt W)	Fat Burn (& Ab Sculpt W)	Fat Burn (& Ab Sculpt W)	(Off)	(Same)

JW01							
Program\Day	1	2	3	4	5	6	7
Insanity Week 1	Fit Test [25 min]	Plyometric Cardio Circuit [40 min]	Cardio Recovery [35 min]	Cardio Power & Resistance [40 min]	Pure Cardio [40 min]	(Off)	(Off)
Optional TurboFire W01	Fire 30 (& Stretch 10)	HIIT 15 (& Cardio Abs 20)	Fire 45EZ (& Stretch 10)	HIIT 20 (& Cardio Abs 20)	Fire 30 (& Stretch 10)	(Off)	HIIT 20 & Fat (& Ab Sculpt W)

JW02							
Program\Day	8	9	10	11	12	13	14
P90X Week 1	Chest & Back (& Ab Ripper X)	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) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

JW03							
Program\Day	15	16	17	18	19	20	21
Insanity Week 2	Plyometric Cardio Circuit [40 min]	Cardio Power & Resistance [40 min]	Cardio Recovery [35 min]	Pure Cardio [40 min]	Plyometric Cardio Circuit [40 min]	(Off)	(Off)
Optional TurboFire W02	Fire 30 (& Stretch 10)	HIIT 15 (& Cardio Abs 20)	Fire 45EZ (& Stretch 10)	HIIT 20 (& Cardio Abs 20)	Fire 30 (& Stretch 10)	(Off)	HIIT 20 & Fat (& Hip/Bun/Thi)

JW04 (Same as P90X Week 1)							
Program\Day	22	23	24	25	26	27	28
P90X Week 2	Chest & Back (& Ab Ripper X)	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) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

JW05							
Program\Day	29	30	31	32	33	34	35
Insanity Week 3	Fit Test [25 min]	Cardio Power & Resistance [40 min]	Cardio Recovery [35 min]	Pure Cardio (& Cardio Abs) [60 min]	Plyometric Cardio Circuit [40 min]	(Off)	(Off)
Optional TurboFire W03	Fire 30 (& Stretch 10)	HIIT 15 (& Cardio Abs 20)	Fire 45EZ (& Stretch 10)	HIIT 20 (& Cardio Abs 20)	Fire 30 (& Stretch 10)	(Off)	HIIT 20 & Hop's Total Body W

JW06 (Recovery)							
Program\Day	36	37	38	39	40	41	42
Turbo Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	Punch, Kick & Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	(Off)	Punch, Kick & Jam
Optional Hip Hop Abs	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	Total Body Burn W	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	(Off)	Total Body Burn W

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JW07 (Same as P90X Week 1)							
Program\Day	43	44	45	46	47	48	49
P90X Week 3	Chest & Back (& Ab Ripper X)	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) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

JW08							
Program\Day	50	51	52	53	54	55	56
Insanity Week 4	Pure Cardio (& Cardio Abs) [60 min]	Cardio Power & Resistance [40 min]	Cardio Recovery [35 min]	Plyometric Cardio Circuit [40 min]	Pure Cardio (& Cardio Abs) [60 min]	(Off)	(Off)
Optional TurboFire W04 (Recovery)	Fire 45EZ (& Stretch 10)	Cardio Abs 20 (& Stretch 40)	Fire 55EZ	Cardio Abs 20 (& Stretch 40)	Fire 45EZ (& Stretch 10)	(Off)	Hop's Fat Burn (& Ab Sculpt W)

JW09 (Recovery)							
Program\Day	57	58	59	60	61	62	63
P90X Week 4	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	(Rest or X Stretch)	Yoga X
Optional P90X+ Plus	Biceps or Chest (& Ab Rip)	(Same or Jam's Turbo Sculpt W)	Kenpo Plus or Jam's Punch	X Stretch (& Abs/Core)	Legs & Back	(Same)	(Same or Fire's Stretch 40)

JW10 (Extended)							
Program\Day	64	65	66	67	68	69	70
Insanity Week 5	Cardio Power & Resistance [40 min]	Plyometric Cardio Circuit [40 min]	Cardio Recovery [35 min]	Pure Cardio (& Cardio Abs) [60 min]	Plyometric Cardio Circuit [40 min]	(Off)	(Off)
Optional TurboFire W05	Fire 45 (& Stretch 10)	HIIT 20 (& Insane Abs 40)	Fire 55EZ (& Stretch 10)	HIIT 25 (& Insane Abs 40)	Fire 45 (& Stretch 10)	(Off)	HIIT 25 & Fat (& Hip/Bun/Thi)

JW11							
Program\Day	71	72	73	74	75	76	77
P90X Week 5	Chest, Shlders, Triceps (& Ab Rip X)	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)	Interval X (& Abs) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

JW12 (Recovery) (Same as Turbo Jam JW06)							
Program\Day	78	79	80	81	82	83	84
Turbo Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	Punch, Kick & Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	(Off)	Punch, Kick & Jam
Optional Hip Hop Abs	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	Total Body Burn W	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	(Off)	Total Body Burn W

JW13 (Same as P90X Week 5)							
Program\Day	85	86	87	88	89	90	91
P90X Week 6	Chest, Shlders, Triceps (& Ab Rip X)	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)	Interval X (& Abs) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

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JW14 (Recovery)							
Program\Day	92	93	94	95	96	97	98
Insanity Week 6	Core Cardio & Balance [40 min]	Core Cardio & Balance [40 min]	Core Cardio & Balance [40 min]	Core Cardio & Balance [40 min]	Core Cardio & Balance [40 min]	(Off)	(Off)
Optional TurboFire W06	Fire 45 (& Stretch 10)	HIIT 20 (& Insane Abs 40)	Fire 55EZ (& Stretch 10)	HIIT 25 (& Insane Abs 40)	Fire 45 (& Stretch 10)	(Off)	HIIT 25 & Hop's Total Body W

JW15 (Same as P90X Week 5)							
Program\Day	99	100	101	102	103	104	105
P90X Week 7	Chest, Shlders, Triceps (& Ab Rip X)	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)	Interval X (& Abs) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

JW16							
Program\Day	106	107	108	109	110	111	112
Insanity Week 7	Fit Test & Max Interval Circuit [90 min]	Max Interval Plyo [60 min]	Max Recovery [50 min]	Max Cardio Conditioning [50 min]	Max Interval Circuit [60 min]	(Off)	(Off)
Optional TurboFire W07	Fire 45 (& Stretch 10)	HIIT 20 (& Insane Abs 40)	Fire 55EZ (& Stretch 10)	HIIT 25 (& Insane Abs 40)	Fire 45 (& Stretch 10)	(Off)	HIIT 25 & Hop's Total Body W

JW17 (Recovery) (Same as P90X Week 4)							
Program\Day	113	114	115	116	117	118	119
P90X Week 8	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	(Rest or X Stretch)	Yoga X
Optional P90X+ Plus	Biceps or Chest (& Ab Rip)	(Same or Jam's Turbo Sculpt W)	Kenpo Plus or Jam's Punch	X Stretch (& Abs/Core)	Legs & Back	(Same)	(Same or Fire's Stretch 40)

JW18 (Recovery) (Same as Turbo Jam JW06)							
Program\Day	120	121	122	123	124	125	126
Turbo Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	Punch, Kick & Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	(Off)	Punch, Kick & Jam
Optional Hip Hop Abs	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	Total Body Burn W	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	(Off)	Total Body Burn W

JW19 (Same as P90X Week 1)							
Program\Day	127	128	129	130	131	132	133
P90X Week 9	Chest & Back (& Ab Ripper X)	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) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

JW20							
Program\Day	134	135	136	137	138	139	140
Insanity Week 8	Max Interval Plyo [60 min]	Max Cardio Conditioning [50 min]	Max Recovery [50 min]	Max Interval Circuit [60 min]	Max Interval Plyo [60 min]	(Off)	(Off)
Optional TurboFire W08 (Recovery)	Fire 45EZ (& Stretch 10)	Cardio Abs 20 (& Stretch 40)	Fire 55EZ	Cardio Abs 20 (& Stretch 40)	Fire 45EZ (& Stretch 10)	(Off)	Hop's Fat Burn (& Ab Sculpt W)

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JW21 (Same as P90X Week 5)							
Program\Day	141	142	143	144	145	146	147
P90X Week 10	Chest, Shlders, Triceps (& Ab Rip X)	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)	Interval X (& Abs) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

JW22							
Program\Day	148	149	150	151	152	153	154
Insanity Week 9	Fit Test & Max Interval Circuit [90 min]	Max Cardio Cond (& Insane Abs*) [90]	Max Recovery [50 min]	Max Interval Sports Training* [60 min]	Max Interval Plyo [60 min]	(Off)	(Off)
Optional TurboFire W09	Fire 60 (& Stretch 10)	HIIT 25 (& Insane Abs 40)	Fire 55EZ (& Stretch 10)	HIIT 30 (& Insane Abs 40)	Fire 60 (& Stretch 10)	(Off)	HIIT 30 & Fat (& Hip/Bun/Thi)

JW23 (Same as P90X Week 1)							
Program\Day	155	156	157	158	159	160	161
P90X Week 11	Chest & Back (& Ab Ripper X)	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) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

JW24 (Recovery) (Same as Turbo Jam JW06)							
Program\Day	162	163	164	165	166	167	168
Turbo Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	Punch, Kick & Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	(Off)	Punch, Kick & Jam
Optional Hip Hop Abs	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	Total Body Burn W	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	(Off)	Total Body Burn W

JW25							
Program\Day	169	170	171	172	173	174	175
Insanity Week 10	Max Cardio Cond (& Insane Abs*) [90]	Max Interval Circuit [60 min]	Max Recovery [50 min]	Max Interval Sports Training* [60 min]	Max Interval Plyo [60 min]	(Off)	(Off)
Optional TurboFire W10	Fire 60 (& Stretch 10)	HIIT 25 (& Insane Abs 40)	Fire 55EZ (& Stretch 10)	HIIT 30 (& Insane Abs 40)	Fire 60 (& Stretch 10)	(Off)	HIIT 30 & Hop's Total Body W

JW26 (Same as P90X Week 5)							
Program\Day	176	177	178	179	180	181	182
P90X Week 12	Chest, Shlders, Triceps (& Ab Rip X)	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)	Interval X (& Abs) or Fire's HIIT 30 + S10	Total Body Plus	(Same or Fire's Stretch 40)	Upper Plus (& Abs/Core)	(Same)	Kenpo Plus or Jam's Punch

JW27 (Extended)							
Program\Day	183	184	185	186	187	188	189
Insanity Week 11	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]	(Off)	Fit Test [25 min]
Optional TurboFire W11	Fire 60 (& Stretch 10)	HIIT 25 (& Insane Abs 40)	Fire 55EZ (& Stretch 10)	HIIT 30 (& Insane Abs 40)	Fire 60 (& Stretch 10)	(Off)	HIIT 30 & Fat (& Ab Sculpt W)

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JW28 (Recovery) (Same as P90X Week 4)							
Program\Day	190	191	192	193	194	195	196
P90X Week 13	Yoga X	Core Synergistics	Kenpo X	X Stretch	Core Synergistics	(Rest or X Stretch)	Yoga X
Optional P90X+ Plus	Biceps or Chest (& Ab Rip)	(Same or Jam's Turbo Sculpt W)	Kenpo Plus or Jam's Punch	X Stretch (& Abs/Core)	Legs & Back	(Same)	(Same or Fire's Stretch 40)

JW29 (Recovery) (Same as Turbo Jam JW06)							
Program\Day	197	198	199	200	201	202	203
Turbo Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	Punch, Kick & Jam	Cardio Party (& Ab Jam)	Turbo Sculpt W	(Off)	Punch, Kick & Jam
Optional Hip Hop Abs	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	Total Body Burn W	Fat Burn (& Ab Sculpt W)	Fat Burn (& Hip/Bun/Thi)	(Off)	Total Body Burn W

Home Fitness Programs

- P90X (Black)
- P90X (Blue) - Recovery
- P90X+ Plus (Gray) - Optional
- Insanity (Red)
- TurboFire (Maroon) - Optional
- Turbo Jam (Sky Blue) - Recovery
- Hip Hop Abs (Orange) - Optional
- Jillian Michaels (Purple) - Recovery

Weekly Schedule

JW00 Jillian Michaels (Recovery)	Day 0	Optional: Hip Hop Abs
JW01 Insanity Week 1	Day 1	Optional: TurboFire Week 1
JW02 P90X Week 1	Day 8	Optional: P90X+ Plus
JW03 Insanity Week 2	Day 15	Optional: TurboFire Week 2
JW04 P90X Week 2	Day 22	Optional: P90X+ Plus
JW05 Insanity Week 3	Day 29	Optional: TurboFire Week 3
JW06 Turbo Jam (Recovery)	Day 36	Optional: Hip Hop Abs
JW07 P90X Week 3	Day 43	Optional: P90X+ Plus
JW08 Insanity Week 4	Day 50	Optional: TurboFire Week 4 (Recovery)
JW09 P90X Week 4 (Recovery)	Day 57	Optional: P90X+ Plus
JW10 Insanity Week 5	Day 64	Optional: TurboFire Week 5
JW11 P90X Week 5	Day 71	Optional: P90X+ Plus
JW12 Turbo Jam (Recovery)	Day 78	Optional: Hip Hop Abs
JW13 P90X Week 6	Day 85	Optional: P90X+ Plus
JW14 Insanity Week 6 (Recovery)	Day 92	Optional: TurboFire Week 6
JW15 P90X Week 7	Day 99	Optional: P90X+ Plus
JW16 Insanity Week 7	Day 106	Optional: TurboFire Week 7
JW17 P90X Week 8 (Recovery)	Day 113	Optional: P90X+ Plus
JW18 Turbo Jam (Recovery)	Day 120	Optional: Hip Hop Abs
JW19 P90X Week 9	Day 127	Optional: P90X+ Plus
JW20 Insanity Week 8	Day 134	Optional: TurboFire Week 8 (Recovery)
JW21 P90X Week 10	Day 141	Optional: P90X+ Plus
JW22 Insanity Week 9	Day 148	Optional: TurboFire Week 9
JW23 P90X Week 11	Day 155	Optional: P90X+ Plus
JW24 Turbo Jam (Recovery)	Day 162	Optional: Hip Hop Abs
JW25 Insanity Week 10	Day 169	Optional: TurboFire Week 10
JW26 P90X Week 12	Day 176	Optional: P90X+ Plus
JW27 Insanity Week 11	Day 183	Optional: TurboFire Week 11
JW28 P90X Week 13 (Recovery)	Day 190	Optional: P90X+ Plus
JW29 Turbo Jam (Recovery)	Day 197-200	Optional: Hip Hop Abs

