

# J200X Extreme Home Fitness V8 > Jay's 200-Day Program

## P90X-Plus-Beachbody-Hybrid (Aug-Sep 2010)

### Daily Schedule

JW00 (Recovery)							
Program\Day	-7	-6	-5	-4	-3	-2	-1
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

JW01							
Program\Day	1	2	3	4	5	6	7
P90X Week 1	Chest & Back (& Ab Ripper X)	Fire's HIIT 30 + S10	Shoulders & Arms (& Ab X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW02							
Program\Day	8	9	10	11	12	13	14
TurboFire W01	Fire 30 (& Stretch 10)	HIIT 15 & 50% Chest & Back (& Ab X)	Fire 45EZ (& Stretch 10)	HIIT 20 & 50% Shoulders & Arms (& Ab X)	Fire 30 (& Stretch 10)	(Off)	HIIT 20 & Hop's Fat Burn (& Ab Sculpt W)

JW03 (Same as P90X Week 1)							
Program\Day	15	16	17	18	19	20	21
P90X Week 2	Chest & Back (& Ab Ripper X)	Fire's HIIT 30 + S10	Shoulders & Arms (& Ab X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW04							
Program\Day	22	23	24	25	26	27	28
TurboFire W02	Fire 30 (& Stretch 10)	HIIT 15 & 50% Chest & Back (& Ab X)	Fire 45EZ (& Stretch 10)	HIIT 20 & 50% Shoulders & Arms (& Ab X)	Fire 30 (& Stretch 10)	(Off)	HIIT 20 & Hop's Fat Burn (& Hip/Bun/Thi)

JW05 (Recovery)							
Program\Day	29	30	31	32	33	34	35
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

JW06 (Same as P90X Week 1)							
Program\Day	36	37	38	39	40	41	42
P90X Week 3	Chest & Back (& Ab Ripper X)	Fire's HIIT 30 + S10	Shoulders & Arms (& Ab X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW07							
Program\Day	43	44	45	46	47	48	49
TurboFire W03	Fire 30 (& Stretch 10)	HIIT 15 & 50% Chest & Back (& Ab X)	Fire 45EZ (& Stretch 10)	HIIT 20 & 50% Shoulders & Arms (& Ab X)	Fire 30 (& Stretch 10)	(Off)	HIIT 20 & Hop's Total Body Burn W

JW08 (Same as P90X Week 1)							
Program\Day	50	51	52	53	54	55	56
P90X Week 4	Chest & Back (& Ab Ripper X)	Fire's HIIT 30 + S10	Shoulders & Arms (& Ab X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW09 (Recovery)							
Program\Day	57	58	59	60	61	62	63
TurboFire W04	Fire 45EZ (& Stretch 10)	Ab Ripper X (& Stretch 40)	Fire 55EZ	Ab Ripper X (& Stretch 40)	Fire 45EZ (& Stretch 10)	(Off)	Hop's Fat Burn (& Ab Sculpt W)

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JW10							
Program\Day	64	65	66	67	68	69	70
P90X Week 5	Chest, Shlders, Triceps (& Ab X)	Fire's HIIT 30 + S10	Back & Biceps (& Ab Ripper X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW11							
Program\Day	71	72	73	74	75	76	77
TurboFire W05	Fire 45 (& Stretch 10)	HIIT 15 & 50% Ch, Shldr, Triceps (& Ab X)	Fire 55EZ (& Stretch 10)	HIIT 20 & 50% Back & Biceps (& Ab X)	Fire 45 (& Stretch 10)	(Off)	HIIT 25 & Hop's Fat Burn (& Ab Sculpt W)

JW12 (Same as P90X Week 5)							
Program\Day	78	79	80	81	82	83	84
P90X Week 6	Chest, Shlders, Triceps (& Ab X)	Fire's HIIT 30 + S10	Back & Biceps (& Ab Ripper X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW13							
Program\Day	85	86	87	88	89	90	91
TurboFire W06	Fire 45 (& Stretch 10)	HIIT 15 & 50% Ch, Shldr, Triceps (& Ab X)	Fire 55EZ (& Stretch 10)	HIIT 20 & 50% Back & Biceps (& Ab X)	Fire 45 (& Stretch 10)	(Off)	HIIT 25 & Hop's Fat Burn (& Hip/Bun/Thi)

JW14 (Recovery) (Same as Turbo Jam JW05)							
Program\Day	92	93	94	95	96	97	98
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

JW15 (Same as P90X Week 5)							
Program\Day	99	100	101	102	103	104	105
P90X Week 7	Chest, Shlders, Triceps (& Ab X)	Fire's HIIT 30 + S10	Back & Biceps (& Ab Ripper X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW16							
Program\Day	106	107	108	109	110	111	112
TurboFire W07	Fire 45 (& Stretch 10)	HIIT 15 & 50% Ch, Shldr, Triceps (& Ab X)	Fire 55EZ (& Stretch 10)	HIIT 20 & 50% Back & Biceps (& Ab X)	Fire 45 (& Stretch 10)	(Off)	HIIT 25 & Hop's Total Body Burn W

JW17 (Same as P90X Week 5)							
Program\Day	113	114	115	116	117	118	119
P90X Week 8	Chest, Shlders, Triceps (& Ab X)	Fire's HIIT 30 + S10	Back & Biceps (& Ab Ripper X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW18 (Recovery) (Same as TurboFire JW09)							
Program\Day	120	121	122	123	124	125	126
TurboFire W08	Fire 45EZ (& Stretch 10)	Ab Ripper X (& Stretch 40)	Fire 55EZ	Ab Ripper X (& Stretch 40)	Fire 45EZ (& Stretch 10)	(Off)	Hop's Fat Burn (& Ab Sculpt W)

JW19 (Same as P90X Week 1)							
Program\Day	127	128	129	130	131	132	133
P90X Week 9	Chest & Back (& Ab Ripper X)	Fire's HIIT 30 + S10	Shoulders & Arms (& Ab X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

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JW20							
Program\Day	134	135	136	137	138	139	140
TurboFire W09	Fire 60 (& Stretch 10)	HIIT 20 & 50% Chest & Back (& Ab X)	Fire 55EZ (& Stretch 10)	HIIT 25 & 50% Shoulders & Arms (& Ab X)	Fire 60 (& Stretch 10)	(Off)	HIIT 30 & Hop's Fat Burn (& Ab Sculpt W)

JW21 (Same as P90X Week 5)							
Program\Day	141	142	143	144	145	146	147
P90X Week 10	Chest, Shlders, Triceps (& Ab X)	Fire's HIIT 30 + S10	Back & Biceps (& Ab Ripper X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW22							
Program\Day	148	149	150	151	152	153	154
TurboFire W10	Fire 60 (& Stretch 10)	HIIT 20 & 50% Ch, Shldr, Triceps (& Ab X)	Fire 55EZ (& Stretch 10)	HIIT 25 & 50% Back & Biceps (& Ab X)	Fire 60 (& Stretch 10)	(Off)	HIIT 30 & Hop's Fat Burn (& Hip/Bun/Thi)

JW23 (Recovery) (Same as Turbo Jam JW05)							
Program\Day	155	156	157	158	159	160	161
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

JW24 (Same as P90X Week 1)							
Program\Day	162	163	164	165	166	167	168
P90X Week 11	Chest & Back (& Ab Ripper X)	Fire's HIIT 30 + S10	Shoulders & Arms (& Ab X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW25							
Program\Day	169	170	171	172	173	174	175
TurboFire W11	Fire 60 (& Stretch 10)	HIIT 20 & 50% Chest & Back (& Ab X)	Fire 55EZ (& Stretch 10)	HIIT 25 & 50% Shoulders & Arms (& Ab X)	Fire 60 (& Stretch 10)	(Off)	HIIT 30 & Hop's Total Body Burn W

JW26 (Same as P90X Week 5)							
Program\Day	176	177	178	179	180	181	182
P90X Week 12	Chest, Shlders, Triceps (& Ab X)	Fire's HIIT 30 + S10	Back & Biceps (& Ab Ripper X)	Fire's HIIT 15 + Stretch 40	Legs & Back (& Ab Ripper X)	(Rest or X Stretch)	Kenpo X or Jam's Punch

JW27							
Program\Day	183	184	185	186	187	188	189
TurboFire W12	Fire 60 (& Stretch 10)	HIIT 20 & 50% Ch, Shldr, Triceps (& Ab X)	Fire 55EZ (& Stretch 10)	HIIT 25 & 50% Back & Biceps (& Ab X)	Fire 60 (& Stretch 10)	(Off)	HIIT 30 & Hop's Fat Burn (& Ab Sculpt W)

JW28 (Recovery)							
Program\Day	190	191	192	193	194	195	196
P90X Week 13	Yoga X	Core Synergistics or Jam's Turbo Sculpt W	Kenpo X or Jam's Punch	X Stretch	Core Synergistics	(Rest or X Stretch)	Yoga X or Fire's Stretch 40

JW29 (Recovery) (Same as TurboFire JW09)							
Program\Day	197	198	199	200	201	202	203
TurboFire W13	Fire 45EZ (& Stretch 10)	Ab Ripper X (& Stretch 40)	Fire 55EZ	Ab Ripper X (& Stretch 40)	Fire 45EZ (& Stretch 10)	(Off)	Hop's Fat Burn (& Ab Sculpt W)

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## Home Fitness Programs

- P90X (Black)
- P90X (Blue) - Recovery
- TurboFire (Red)
- TurboFire (Maroon) - Recovery
- Turbo Jam (Sky Blue) - Recovery
- Hip Hop Abs (Orange) - Optional

## Weekly Schedule

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

J200X