

J200XC Extreme Home Fitness V1 > Jay's 200-Day Program

J200X

ChaLEAN-Extreme-TurboFire-Yoga-Zumba-Hybrid (Feb 2011)

Daily Schedule

JW00 (Recovery)							
Program\Day	-7	-6	-5	-4	-3	-2	-1
Turbo Jam + Zumba Fitness	Zumba Cardio Party 50 + Flat Abs 20	Punch, Kick & Jam 50	Fat Blaster 30 + Recharge 20	Zumba Sculpt & Tone 45W + Flat Abs 20	Punch, Kick & Jam 50	P90X Yoga X	Fat Blaster 30 + Recharge 20

JW01							
Program\Day	1	2	3	4	5	6	7
ChaLEAN W01	Burn 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Burn 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Burn 3-40W + Got Abs 15W	P90X Yoga X	Burn Int'ls 50W + Recharge 20

JW02							
Program\Day	8	9	10	11	12	13	14
TurboFire W01	Fire 30 + Stretch 40	HIIT 15 + Burn 1-40W + Core 20	Fire 45 + Stretch 10	HIIT 25 + Burn 2-40W + Abs 10	Fire 45EZ + Stretch 10	P90X Yoga X	Zumba Cardio Party 50 + Flat Abs 20

JW03							
Program\Day	15	16	17	18	19	20	21
ChaLEAN W02	Lean 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Lean 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Lean 3-40W + Got Abs 15W	P90X Yoga X	Lean Int'ls 40W + Recharge 20

JW04							
Program\Day	22	23	24	25	26	27	28
TurboFire W02	Fire 30 + Stretch 40	HIIT 15 + Push 1-40W + Core 20	Fire 55EZ + Stretch 10	HIIT 25 + Push 2-40W + Abs 10	Fire 60 + Stretch 10	P90X Yoga X	Zumba Sculpt & Tone 45W + Flat Abs 20

JW05 (Recovery)							
Program\Day	29	30	31	32	33	34	35
Turbo Jam + Zumba Fitness	Zumba Cardio Party 50 + Flat Abs 20	Punch, Kick & Jam 50	Fat Blaster 30 + Recharge 20	Zumba Sculpt & Tone 45W + Flat Abs 20	Punch, Kick & Jam 50	P90X Yoga X	Fat Blaster 30 + Recharge 20

JW06							
Program\Day	36	37	38	39	40	41	42
ChaLEAN W03	Push 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Push 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Push 3-40W + Got Abs 15W	P90X Yoga X	Burn Int'ls 50W + Recharge 20

JW07							
Program\Day	43	44	45	46	47	48	49
TurboFire W03	Fire 45 + Stretch 10	HIIT 15 + Lean 1-40W + Core 20	Fire 55EZ + Stretch 10	HIIT 25 + Lean 2-40W + Abs 10	Fire 60 + Stretch 10	P90X Yoga X	Zumba Cardio Party 50 + Flat Abs 20

JW08							
Program\Day	50	51	52	53	54	55	56
ChaLEAN W04	Lean 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Lean 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Lean 3-40W + Got Abs 15W	P90X Yoga X	Lean Int'ls 40W + Recharge 20

JW09 (Recovery)							
Program\Day	57	58	59	60	61	62	63
TurboFire W04	Fire 45EZ + Stretch 10	Abs 10 + Stretch 40	Fire 55EZ + Stretch 10	Core 20 + Stretch 40	Fire 60 + Stretch 10	P90X Yoga X	Zumba Sculpt & Tone 45W + Flat Abs 20

J200XC Extreme Home Fitness V1 > Jay's 200-Day Program

J200X

ChaLEAN-Extreme-TurboFire-Yoga-Zumba-Hybrid (Feb 2011)

JW10							
Program\Day	64	65	66	67	68	69	70
ChaLEAN W05	Burn 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Burn 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Burn 3-40W + Got Abs 15W	P90X Yoga X	Burn Int'ls 50W + Recharge 20

JW11							
Program\Day	71	72	73	74	75	76	77
TurboFire W05	Fire 30 + Stretch 40	HIIT 15 + Burn 1-40W + Core 20	Fire 45 + Stretch 10	HIIT 25 + Burn 3-40W + Abs 10	Fire 45EZ + Stretch 10	P90X Yoga X	Zumba Cardio Party 50 + Flat Abs 20

JW12							
Program\Day	78	79	80	81	82	83	84
ChaLEAN W06	Lean 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Lean 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Lean 3-40W + Got Abs 15W	P90X Yoga X	Lean Int'ls 40W + Recharge 20

JW13							
Program\Day	85	86	87	88	89	90	91
TurboFire W06	Fire 30 + Stretch 40	HIIT 15 + Burn 1-40W + Core 20	Fire 55EZ + Stretch 10	HIIT 25 + Push 3-40W + Abs 10	Fire 60 + Stretch 10	P90X Yoga X	Zumba Sculpt & Tone 45W + Flat Abs 20

JW14 (Recovery) (Same as Turbo + Zumba JW05)							
Program\Day	92	93	94	95	96	97	98
Turbo Jam + Zumba Fitness	Zumba Cardio Party 50 + Flat Abs 20	Punch, Kick & Jam 50	Fat Blaster 30 + Recharge 20	Zumba Sculpt & Tone 45W + Flat Abs 20	Punch, Kick & Jam 50	P90X Yoga X	Fat Blaster 30 + Recharge 20

JW15							
Program\Day	99	100	101	102	103	104	105
ChaLEAN W07	Push 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Push 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Push 3-40W + Got Abs 15W	P90X Yoga X	Burn Int'ls 50W + Recharge 20

JW16							
Program\Day	106	107	108	109	110	111	112
TurboFire W07	Fire 45 + Stretch 10	HIIT 15 + Lean 1-40W + Core 20	Fire 55EZ + Stretch 10	HIIT 25 + Lean 3-40W + Abs 10	Fire 60 + Stretch 10	P90X Yoga X	Zumba Cardio Party 50 + Flat Abs 20

JW17							
Program\Day	113	114	115	116	117	118	119
ChaLEAN W08	Lean 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Lean 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Lean 3-40W + Got Abs 15W	P90X Yoga X	Lean Int'ls 40W + Recharge 20

JW18 (Recovery) (Same as TurboFire JW09)							
Program\Day	120	121	122	123	124	125	126
TurboFire W08	Fire 45EZ + Stretch 10	Abs 10 + Stretch 40	Fire 55EZ + Stretch 10	Core 20 + Stretch 40	Fire 60 + Stretch 10	P90X Yoga X	Zumba Sculpt & Tone 45W + Flat Abs 20

JW19							
Program\Day	127	128	129	130	131	132	133
ChaLEAN W09	Burn 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Burn 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Burn 3-40W + Got Abs 15W	P90X Yoga X	Burn Int'ls 50W + Recharge 20

JW20							
Program\Day	134	135	136	137	138	139	140
TurboFire W09	Fire 30 + Stretch 40	HIIT 15 + Burn 2-40W + Core 20	Fire 45 + Stretch 10	HIIT 25 + Burn 3-40W + Abs 10	Fire 45EZ + Stretch 10	P90X Yoga X	Zumba Cardio Party 50 + Flat Abs 20

J200XC Extreme Home Fitness V1 > Jay's 200-Day Program

J200X

ChaLEAN-Extreme-TurboFire-Yoga-Zumba-Hybrid (Feb 2011)

JW21							
Program\Day	141	142	143	144	145	146	147
ChaLEAN W10	Lean 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Lean 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Lean 3-40W + Got Abs 15W	P90X Yoga X	Lean Int'ls 40W + Recharge 20

JW22							
Program\Day	148	149	150	151	152	153	154
TurboFire W10	Fire 30 + Stretch 40	HIIT 15 + Push 2-40W + Core 20	Fire 55EZ + Stretch 10	HIIT 25 + Push 3-40W + Abs 10	Fire 60 + Stretch 10	P90X Yoga X	Zumba Sculpt & Tone 45W + Flat Abs 20

JW23 (Recovery) (Same as Turbo + Zumba JW05)							
Program\Day	155	156	157	158	159	160	161
Turbo Jam + Zumba Fitness	Zumba Cardio Party 50 + Flat Abs 20	Punch, Kick & Jam 50	Fat Blaster 30 + Recharge 20	Zumba Sculpt & Tone 45W + Flat Abs 20	Punch, Kick & Jam 50	P90X Yoga X	Fat Blaster 30 + Recharge 20

JW24							
Program\Day	162	163	164	165	166	167	168
ChaLEAN W11	Push 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Push 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Push 3-40W + Got Abs 15W	P90X Yoga X	Burn Int'ls 50W + Recharge 20

JW25							
Program\Day	169	170	171	172	173	174	175
TurboFire W11	Fire 45 + Stretch 10	HIIT 15 + Lean 2-40W + Core 20	Fire 55EZ + Stretch 10	HIIT 25 + Lean 3-40W + Abs 10	Fire 60 + Stretch 10	P90X Yoga X	Zumba Cardio Party 50 + Flat Abs 20

JW26							
Program\Day	176	177	178	179	180	181	182
ChaLEAN W12	Lean 1-40W + Ab Burner 10W	HIIT 20 + Stretch 40	Lean 2-40W + Extreme Abs 20	HIIT 30 + Stretch 10	Lean 3-40W + Got Abs 15W	P90X Yoga X	Lean Int'ls 40W + Recharge 20

JW27							
Program\Day	183	184	185	186	187	188	189
TurboFire W12	Fire 45EZ + Stretch 10	HIIT 15 + Burn 1-40W + Core 20	Fire 55EZ + Stretch 10	HIIT 25 + Burn 2-40W + Abs 10	Fire 60 + Stretch 10	P90X Yoga X	Zumba Sculpt & Tone 45W + Flat Abs 20

JW28 (Recovery) (Same as Turbo + Zumba JW05)							
Program\Day	190	191	192	193	194	195	196
Turbo Jam + Zumba Fitness	Zumba Cardio Party 50 + Flat Abs 20	Punch, Kick & Jam 50	Fat Blaster 30 + Recharge 20	Zumba Sculpt & Tone 45W + Flat Abs 20	Punch, Kick & Jam 50	P90X Yoga X	Fat Blaster 30 + Recharge 20

JW29 (Recovery) (Same as TurboFire JW09)							
Program\Day	197	198	199	200	201	202	203
TurboFire W13	Fire 45EZ + Stretch 10	Abs 10 + Stretch 40	Fire 55EZ + Stretch 10	Core 20 + Stretch 40	Fire 60 + Stretch 10	P90X Yoga X	Fire 30 + Stretch 10



J200XC Extreme Home Fitness V1 > Jay's 200-Day Program

J200X

ChaLEAN-Extreme-TurboFire-Yoga-Zumba-Hybrid (Feb 2011)

Home Fitness Programs

- ChaLEAN Extreme (Black)
- P90X Yoga X (Gray)
- TurboFire (Red)
- TurboFire (Maroon) - Recovery
- Turbo Jam (Sky Blue) - Recovery
- Zumba Fitness (Green) - Recovery

Weekly Schedule

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

J200X