

J200X3 Extreme Home Fitness V1 > Jay's 200-Day Program

J200X

P90X-ChaLEAN-TurboFire-Hybrid (August 2011)

Daily Schedule

JW00 (Recovery)							
Program\Day	-7	-6	-5	-4	-3	-2	-1
P90X Cardio + ChaLEAN Int	Burn Int'ls 50W + Abs 10	Cardio X 45 + Stretch 10	Core X 60W + Stretch 10	Kenpo X 60 + Stretch 10	Lean Int'ls 40W + Core 20	X Stretch 60 + Stretch 10	Yoga X 90

JW01							
Program\Day	1	2	3	4	5	6	7
P90X + TurboFire	Chest & Back + Ab X	Fire 30 + Stretch 40	Shoulders & Arms + Ab X	HIIT 20 + Stretch 40	Legs & Back + Ab X	Fire 55EZ + Stretch 10	Yoga X 90

JW02							
Program\Day	8	9	10	11	12	13	14
ChaLEAN + TurboFire	Burn 1-40W + Ab Burner 10W	HIIT 15 + Stretch 40	Burn 2-40W + Extreme Abs 20	Fire 45EZ + Stretch 10	Burn 3-40W + Got Abs 15W	HIIT 30 + Stretch 40	Recharge 20 + Stretch 40

JW03							
Program\Day	15	16	17	18	19	20	21
P90X + TurboFire	Chest, Shldrs & Tris + Ab X	Fire 45 + Stretch 10	Back & Biceps + Ab X	HIIT 25 + Stretch 40	Legs & Back + Ab X	Fire 60 + Stretch 10	Yoga X 90

JW04							
Program\Day	22	23	24	25	26	27	28
ChaLEAN + P90X Cardio	Push 1-40W + Ab Burner 10W	Cardio X 45 + Stretch 10	Push 2-40W + Extreme Abs 20	Kenpo X 60 + Stretch 10	Push 3-40W + Got Abs 15W	Plyo X 60 + Stretch 10	Recharge 20 + Stretch 40

JW05 (Recovery)							
Program\Day	29	30	31	32	33	34	35
P90X Cardio + ChaLEAN Int	Burn Int'ls 50W + Abs 10	Cardio X 45 + Stretch 10	Core X 60W + Stretch 10	Kenpo X 60 + Stretch 10	Lean Int'ls 40W + Core 20	X Stretch 60 + Stretch 10	Yoga X 90

JW06							
Program\Day	36	37	38	39	40	41	42
P90X + TurboFire	Chest & Back + Ab X	Fire 30 + Stretch 40	Shoulders & Arms + Ab X	HIIT 20 + Stretch 40	Legs & Back + Ab X	Fire 55EZ + Stretch 10	Yoga X 90

JW07							
Program\Day	43	44	45	46	47	48	49
ChaLEAN + TurboFire	Lean 1-40W + Ab Burner 10W	HIIT 15 + Stretch 40	Lean 2-40W + Extreme Abs 20	Fire 45EZ + Stretch 10	Lean 3-40W + Got Abs 15W	HIIT 30 + Stretch 40	Recharge 20 + Stretch 40

JW08							
Program\Day	50	51	52	53	54	55	56
P90X + TurboFire	Chest, Shldrs & Tris + Ab X	Fire 45 + Stretch 10	Back & Biceps + Ab X	HIIT 25 + Stretch 40	Legs & Back + Ab X	Fire 60 + Stretch 10	Yoga X 90

JW09							
Program\Day	57	58	59	60	61	62	63
ChaLEAN + P90X Cardio	Push 1-40W + Ab Burner 10W	Cardio X 45 + Stretch 10	Push 2-40W + Extreme Abs 20	Kenpo X 60 + Stretch 10	Push 3-40W + Got Abs 15W	Plyo X 60 + Stretch 10	Recharge 20 + Stretch 40

JW10 (Recovery)							
Program\Day	64	65	66	67	68	69	70
P90X Cardio + ChaLEAN Int	Burn Int'ls 50W + Abs 10	Cardio X 45 + Stretch 10	Core X 60W + Stretch 10	Kenpo X 60 + Stretch 10	Lean Int'ls 40W + Core 20	X Stretch 60 + Stretch 10	Yoga X 90

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JW11							
Program\Day	71	72	73	74	75	76	77
P90X + TurboFire	Chest & Back + Ab X	Fire 30 + Stretch 40	Shoulders & Arms + Ab X	HIIT 20 + Stretch 40	Legs & Back + Ab X	Fire 55EZ + Stretch 10	Yoga X 90

JW12							
Program\Day	78	79	80	81	82	83	84
ChaLEAN + TurboFire	Burn 1-40W + Ab Burner 10W	HIIT 15 + Stretch 40	Burn 2-40W + Extreme Abs 20	Fire 45EZ + Stretch 10	Burn 3-40W + Got Abs 15W	HIIT 30 + Stretch 40	Recharge 20 + Stretch 40

JW13							
Program\Day	85	86	87	88	89	90	91
P90X + TurboFire	Chest, Shldrs & Tris + Ab X	Fire 45 + Stretch 10	Back & Biceps + Ab X	HIIT 25 + Stretch 40	Legs & Back + Ab X	Fire 60 + Stretch 10	Yoga X 90

JW14							
Program\Day	92	93	94	95	96	97	98
ChaLEAN + P90X Cardio	Push 1-40W + Ab Burner 10W	Cardio X 45 + Stretch 10	Push 2-40W + Extreme Abs 20	Kenpo X 60 + Stretch 10	Push 3-40W + Got Abs 15W	Plyo X 60 + Stretch 10	Recharge 20 + Stretch 40

JW15 (Recovery)							
Program\Day	99	100	101	102	103	104	105
P90X Cardio + ChaLEAN Int	Burn Int'ls 50W + Abs 10	Cardio X 45 + Stretch 10	Core X 60W + Stretch 10	Kenpo X 60 + Stretch 10	Lean Int'ls 40W + Core 20	X Stretch 60 + Stretch 10	Yoga X 90

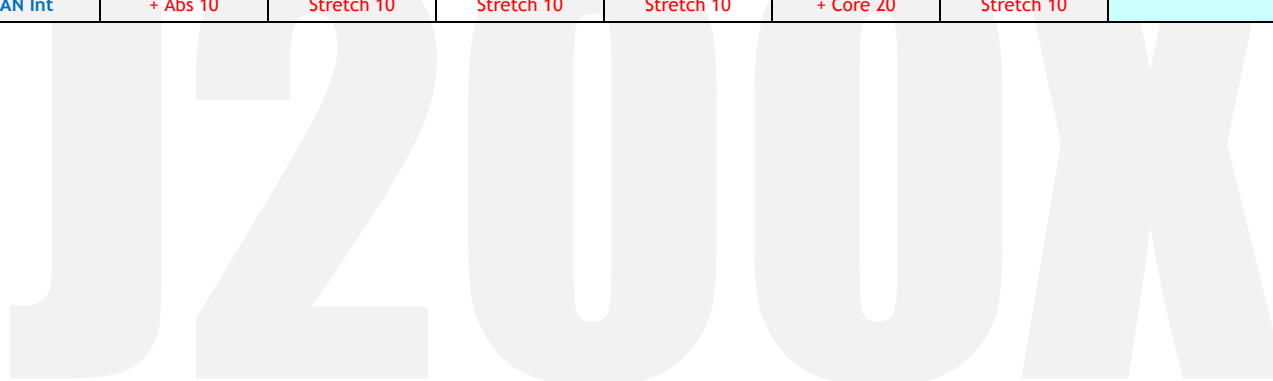
JW16							
Program\Day	106	107	108	109	110	111	112
P90X + TurboFire	Chest & Back + Ab X	Fire 30 + Stretch 40	Shoulders & Arms + Ab X	HIIT 20 + Stretch 40	Legs & Back + Ab X	Fire 55EZ + Stretch 10	Yoga X 90

JW17							
Program\Day	113	114	115	116	117	118	119
ChaLEAN + TurboFire	Lean 1-40W + Ab Burner 10W	HIIT 15 + Stretch 40	Lean 2-40W + Extreme Abs 20	Fire 45EZ + Stretch 10	Lean 3-40W + Got Abs 15W	HIIT 30 + Stretch 40	Recharge 20 + Stretch 40

JW18							
Program\Day	120	121	122	123	124	125	126
P90X + TurboFire	Chest, Shldrs & Tris + Ab X	Fire 45 + Stretch 10	Back & Biceps + Ab X	HIIT 25 + Stretch 40	Legs & Back + Ab X	Fire 60 + Stretch 10	Yoga X 90

JW19							
Program\Day	127	128	129	130	131	132	133
ChaLEAN + P90X Cardio	Push 1-40W + Ab Burner 10W	Cardio X 45 + Stretch 10	Push 2-40W + Extreme Abs 20	Kenpo X 60 + Stretch 10	Push 3-40W + Got Abs 15W	Plyo X 60 + Stretch 10	Recharge 20 + Stretch 40

JW20 (Recovery)							
Program\Day	134	135	136	137	138	139	140
P90X Cardio + ChaLEAN Int	Burn Int'ls 50W + Abs 10	Cardio X 45 + Stretch 10	Core X 60W + Stretch 10	Kenpo X 60 + Stretch 10	Lean Int'ls 40W + Core 20	X Stretch 60 + Stretch 10	Yoga X 90



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JW21							
Program\Day	141	142	143	144	145	146	147
P90X + TurboFire	Chest & Back + Ab X	Fire 30 + Stretch 40	Shoulders & Arms + Ab X	HIIT 20 + Stretch 40	Legs & Back + Ab X	Fire 55EZ + Stretch 10	Yoga X 90

JW22							
Program\Day	148	149	150	151	152	153	154
ChaLEAN + TurboFire	Burn 1-40W + Ab Burner 10W	HIIT 15 + Stretch 40	Burn 2-40W + Extreme Abs 20	Fire 45EZ + Stretch 10	Burn 3-40W + Got Abs 15W	HIIT 30 + Stretch 40	Recharge 20 + Stretch 40

JW23							
Program\Day	155	156	157	158	159	160	161
P90X + TurboFire	Chest, Shldrs & Tris + Ab X	Fire 45 + Stretch 10	Back & Biceps + Ab X	HIIT 25 + Stretch 40	Legs & Back + Ab X	Fire 60 + Stretch 10	Yoga X 90

JW24							
Program\Day	162	163	164	165	166	167	168
ChaLEAN + P90X Cardio	Push 1-40W + Ab Burner 10W	Cardio X 45 + Stretch 10	Push 2-40W + Extreme Abs 20	Kenpo X 60 + Stretch 10	Push 3-40W + Got Abs 15W	Plyo X 60 + Stretch 10	Recharge 20 + Stretch 40

JW25 (Recovery)							
Program\Day	169	170	171	172	173	174	175
P90X Cardio + ChaLEAN Int	Burn Int'ls 50W + Abs 10	Cardio X 45 + Stretch 10	Core X 60W + Stretch 10	Kenpo X 60 + Stretch 10	Lean Int'ls 40W + Core 20	X Stretch 60 + Stretch 10	Yoga X 90

JW26							
Program\Day	176	177	178	179	180	181	182
P90X + TurboFire	Chest & Back + Ab X	Fire 30 + Stretch 40	Shoulders & Arms + Ab X	HIIT 20 + Stretch 40	Legs & Back + Ab X	Fire 55EZ + Stretch 10	Yoga X 90

JW27							
Program\Day	183	184	185	186	187	188	189
ChaLEAN + TurboFire	Lean 1-40W + Ab Burner 10W	HIIT 15 + Stretch 40	Lean 2-40W + Extreme Abs 20	Fire 45EZ + Stretch 10	Lean 3-40W + Got Abs 15W	HIIT 30 + Stretch 40	Recharge 20 + Stretch 40

JW28							
Program\Day	190	191	192	193	194	195	196
P90X + TurboFire	Chest, Shldrs & Tris + Ab X	Fire 45 + Stretch 10	Back & Biceps + Ab X	HIIT 25 + Stretch 40	Legs & Back + Ab X	Fire 60 + Stretch 10	Yoga X 90

JW29							
Program\Day	197	198	199	200	201	202	203
ChaLEAN + P90X Cardio	Push 1-40W + Ab Burner 10W	Cardio X 45 + Stretch 10	Push 2-40W + Extreme Abs 20	Kenpo X 60 + Stretch 10	Push 3-40W + Got Abs 15W	Plyo X 60 + Stretch 10	Recharge 20 + Stretch 40

JW30 (Recovery)							
Program\Day	204	205	206	207	208	209	210
P90X Cardio + ChaLEAN Int	Burn Int'ls 50W + Abs 10	Cardio X 45 + Stretch 10	Core X 60W + Stretch 10	Kenpo X 60 + Stretch 10	Lean Int'ls 40W + Core 20	X Stretch 60 + Stretch 10	Yoga X 90

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Home Fitness Programs

- P90X (Black)
- P90X Cardio (Blue) - Recovery
- ChaLEAN Extreme (Gray)
- ChaLEAN Intervals (Blue) - Recovery
- TurboFire (Red)

Weekly Schedule

JW00 P90X Cardio + ChaLEAN Intervals	Day 0
JW01 P90X + TurboFire	Day 1
JW02 ChaLEAN + TurboFire	Day 8
JW03 P90X + TurboFire	Day 15
JW04 ChaLEAN + P90X Cardio	Day 22
JW05 P90X Cardio + ChaLEAN Intervals	Day 29
JW06 P90X + TurboFire	Day 36
JW07 ChaLEAN + TurboFire	Day 43
JW08 P90X + TurboFire	Day 50
JW09 ChaLEAN + P90X Cardio	Day 57
JW10 P90X Cardio + ChaLEAN Intervals	Day 64
JW11 P90X + TurboFire	Day 71
JW12 ChaLEAN + TurboFire	Day 78
JW13 P90X + TurboFire	Day 85
JW14 ChaLEAN + P90X Cardio	Day 92
JW15 P90X Cardio + ChaLEAN Intervals	Day 99
JW16 P90X + TurboFire	Day 106
JW17 ChaLEAN + TurboFire	Day 113
JW18 P90X + TurboFire	Day 120
JW19 ChaLEAN + P90X Cardio	Day 127
JW20 P90X Cardio + ChaLEAN Intervals	Day 134
JW21 P90X + TurboFire	Day 141
JW22 ChaLEAN + TurboFire	Day 148
JW23 P90X + TurboFire	Day 155
JW24 ChaLEAN + P90X Cardio	Day 162
JW25 P90X Cardio + ChaLEAN Intervals	Day 169
JW26 P90X + TurboFire	Day 176
JW27 ChaLEAN + TurboFire	Day 183
JW28 P90X + TurboFire	Day 190
JW29 ChaLEAN + P90X Cardio	Day 197-200-203
JW30 P90X Cardio + ChaLEAN Intervals	Day 204-210

