

J200X3 Extreme Home Fitness V3 > Jay's 200-Day Program

J200X

P90X-P90X2-TurboFire-Hybrid (February 2012)

Daily Schedule

JW00 (Recovery)							
Program\Day	-7	-6	-5	-4	-3	-2	-1
P90X + P90X2 + TurboFire	X2 Core + Stretch 10	HIIT 20 + X2 Rec+Mob	Core X 60W + Stretch 10	HIIT 30 + X2 Rec+Mob	X2 Plyocide + Stretch 10	Fire 30 + Stretch 40	Yoga X 90

JW01							
Program\Day	1	2	3	4	5	6	7
P90X + P90X2 + TurboFire	Chest & Back + Ab X	HIIT 15 + X2 Rec+Mob	X2 Total Body + X2 Ab Ripper	HIIT 25 + X2 Rec+Mob	Shoulders & Arms + Ab X	Kenpo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW02							
Program\Day	8	9	10	11	12	13	14
P90X + P90X2 + TurboFire	X2 Balance + Power + Ab X	HIIT 20 + X2 Rec+Mob	Legs & Back + Ab X	HIIT 30 + X2 Rec+Mob	X2 Chest, Back, Balance + X2 Ab	Fire 55EZ + Stretch 10	Run 20 + Yoga X 90

JW03							
Program\Day	15	16	17	18	19	20	21
P90X + P90X2 + TurboFire	X2 Shoulders, Arms + X2 Ab	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 Base, Back + X2 Ab Ripper	Cardio X 45 + Stretch 10	Run 30/40 + X2 Yoga 70

JW04							
Program\Day	22	23	24	25	26	27	28
P90X + P90X2 + TurboFire	X2 V Sculpt 50 + X2 Ab Ripper	HIIT 20 + X2 Rec+Mob	Back & Biceps + Ab X	HIIT 30 + X2 Rec+Mob	X2 Cst, Shldrs, Tris 50 + X2 Ab	Fire 45EZ + Stretch 10	Run 20 + Yoga X 90

JW05							
Program\Day	29	30	31	32	33	34	35
P90X + P90X2 + TurboFire	X2 PAP Lwr 60 + Ab X	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 PAP Upper 50 + Ab X	Plyo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW06 (Recovery)							
Program\Day	36	37	38	39	40	41	42
P90X + P90X2 + TurboFire	X2 Core 60 + Stretch 10	HIIT 20 + X2 Rec+Mob	Core X 60W + Stretch 10	HIIT 30 + X2 Rec+Mob	X2 Plyocide 60 + Stretch 10	Fire 30 + Stretch 40	Yoga X 90

JW07							
Program\Day	43	44	45	46	47	48	49
P90X + P90X2 + TurboFire	Chest & Back + Ab X	HIIT 15 + X2 Rec+Mob	X2 Total Body + X2 Ab Ripper	HIIT 25 + X2 Rec+Mob	Shoulders & Arms + Ab X	Kenpo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW08							
Program\Day	50	51	52	53	54	55	56
P90X + P90X2 + TurboFire	X2 Balance + Power + Ab X	HIIT 20 + X2 Rec+Mob	Legs & Back + Ab X	HIIT 30 + X2 Rec+Mob	X2 Chest, Back, Balance + X2 Ab	Fire 55EZ + Stretch 10	Run 20 + Yoga X 90

JW09							
Program\Day	57	58	59	60	61	62	63
P90X + P90X2 + TurboFire	X2 Shoulders, Arms + X2 Ab	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 Base, Back + X2 Ab Ripper	Cardio X 45 + Stretch 10	Run 30/40 + X2 Yoga 70

JW10							
Program\Day	64	65	66	67	68	69	70
P90X + P90X2 + TurboFire	X2 V Sculpt 50 + X2 Ab Ripper	HIIT 20 + X2 Rec+Mob	Back & Biceps + Ab X	HIIT 30 + X2 Rec+Mob	X2 Cst, Shldrs, Tris 50 + X2 Ab	Fire 45EZ + Stretch 10	Run 20 + Yoga X 90

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JW11							
Program\Day	71	72	73	74	75	76	77
P90X + P90X2 + TurboFire	X2 PAP Lwr 60 + Ab X	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 PAP Upper 50 + Ab X	Plyo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW12 (Recovery)							
Program\Day	78	79	80	81	82	83	84
P90X + P90X2 + TurboFire	X2 Core 60 + Stretch 10	HIIT 20 + X2 Rec+Mob	Core X 60W + Stretch 10	HIIT 30 + X2 Rec+Mob	X2 Plyocide 60 + Stretch 10	Fire 30 + Stretch 40	Yoga X 90

JW13							
Program\Day	85	86	87	88	89	90	91
P90X + P90X2 + TurboFire	Chest & Back + Ab X	HIIT 15 + X2 Rec+Mob	X2 Total Body + X2 Ab Ripper	HIIT 25 + X2 Rec+Mob	Shoulders & Arms + Ab X	Kenpo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW14							
Program\Day	92	93	94	95	96	97	98
P90X + P90X2 + TurboFire	X2 Balance + Power + Ab X	HIIT 20 + X2 Rec+Mob	Legs & Back + Ab X	HIIT 30 + X2 Rec+Mob	X2 Chest, Back, Balance + X2 Ab	Fire 55EZ + Stretch 10	Run 20 + Yoga X 90

JW15							
Program\Day	99	100	101	102	103	104	105
P90X + P90X2 + TurboFire	X2 Shoulders, Arms + X2 Ab	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 Base, Back + X2 Ab Ripper	Cardio X 45 + Stretch 10	Run 30/40 + X2 Yoga 70

JW16							
Program\Day	106	107	108	109	110	111	112
P90X + P90X2 + TurboFire	X2 V Sculpt 50 + X2 Ab Ripper	HIIT 20 + X2 Rec+Mob	Back & Biceps + Ab X	HIIT 30 + X2 Rec+Mob	X2 Cst, Shldrs, Tris 50 + X2 Ab	Fire 45EZ + Stretch 10	Run 20 + Yoga X 90

JW17							
Program\Day	113	114	115	116	117	118	119
P90X + P90X2 + TurboFire	X2 PAP Lwr 60 + Ab X	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 PAP Upper 50 + Ab X	Plyo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW18 (Recovery)							
Program\Day	120	121	122	123	124	125	126
P90X + P90X2 + TurboFire	X2 Core 60 + Stretch 10	HIIT 20 + X2 Rec+Mob	Core X 60W + Stretch 10	HIIT 30 + X2 Rec+Mob	X2 Plyocide 60 + Stretch 10	Fire 30 + Stretch 40	Yoga X 90

JW19							
Program\Day	127	128	129	130	131	132	133
P90X + P90X2 + TurboFire	Chest & Back + Ab X	HIIT 15 + X2 Rec+Mob	X2 Total Body + X2 Ab Ripper	HIIT 25 + X2 Rec+Mob	Shoulders & Arms + Ab X	Kenpo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW20							
Program\Day	134	135	136	137	138	139	140
P90X + P90X2 + TurboFire	X2 Balance + Power + Ab X	HIIT 20 + X2 Rec+Mob	Legs & Back + Ab X	HIIT 30 + X2 Rec+Mob	X2 Chest, Back, Balance + X2 Ab	Fire 55EZ + Stretch 10	Run 20 + Yoga X 90



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JW21							
Program\Day	141	142	143	144	145	146	147
P90X + P90X2 + TurboFire	X2 Shoulders, Arms + X2 Ab	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 Base, Back + X2 Ab Ripper	Cardio X 45 + Stretch 10	Run 30/40 + X2 Yoga 70

JW22							
Program\Day	148	149	150	151	152	153	154
P90X + P90X2 + TurboFire	X2 V Sculpt 50 + X2 Ab Ripper	HIIT 20 + X2 Rec+Mob	Back & Biceps + Ab X	HIIT 30 + X2 Rec+Mob	X2 Cst, Shldrs, Tris 50 + X2 Ab	Fire 45EZ + Stretch 10	Run 20 + Yoga X 90

JW23							
Program\Day	155	156	157	158	159	160	161
P90X + P90X2 + TurboFire	X2 PAP Lwr 60 + Ab X	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 PAP Upper 50 + Ab X	Plyo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW24 (Recovery)							
Program\Day	162	163	164	165	166	167	168
P90X + P90X2 + TurboFire	X2 Core 60 + Stretch 10	HIIT 20 + X2 Rec+Mob	Core X 60W + Stretch 10	HIIT 30 + X2 Rec+Mob	X2 Plyocide 60 + Stretch 10	Fire 30 + Stretch 40	Yoga X 90

JW25							
Program\Day	169	170	171	172	173	174	175
P90X + P90X2 + TurboFire	Chest & Back + Ab X	HIIT 15 + X2 Rec+Mob	X2 Total Body + X2 Ab Ripper	HIIT 25 + X2 Rec+Mob	Shoulders & Arms + Ab X	Kenpo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW26							
Program\Day	176	177	178	179	180	181	182
P90X + P90X2 + TurboFire	X2 Balance + Power + Ab X	HIIT 20 + X2 Rec+Mob	Legs & Back + Ab X	HIIT 30 + X2 Rec+Mob	X2 Chest, Back, Balance + X2 Ab	Fire 55EZ + Stretch 10	Run 20 + Yoga X 90

JW27							
Program\Day	183	184	185	186	187	188	189
P90X + P90X2 + TurboFire	X2 Shoulders, Arms + X2 Ab	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 Base, Back + X2 Ab Ripper	Cardio X 45 + Stretch 10	Run 30/40 + X2 Yoga 70

JW28							
Program\Day	190	191	192	193	194	195	196
P90X + P90X2 + TurboFire	X2 V Sculpt 50 + X2 Ab Ripper	HIIT 20 + X2 Rec+Mob	Back & Biceps + Ab X	HIIT 30 + X2 Rec+Mob	X2 Cst, Shldrs, Tris 50 + X2 Ab	Fire 45EZ + Stretch 10	Run 20 + Yoga X 90

JW29							
Program\Day	197	198	199	200	201	202	203
P90X + P90X2 + TurboFire	X2 PAP Lwr 60 + Ab X	HIIT 15 + X2 Rec+Mob	Chest, Shldrs & Tris + Ab X	HIIT 25 + X2 Rec+Mob	X2 PAP Upper 50 + Ab X	Plyo X 60 + Stretch 10	Run 30/40 + X2 Yoga 70

JW30 (Recovery)							
Program\Day	204	205	206	207	208	209	210
P90X + P90X2 + TurboFire	X2 Core 60 + Stretch 10	HIIT 20 + X2 Rec+Mob	Core X 60W + Stretch 10	HIIT 30 + X2 Rec+Mob	X2 Plyocide 60 + Stretch 10	Fire 30 + Stretch 40	Yoga X 90