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32 33 34 35 36 37 3th, 2024

P90X - Insanity Hybrid Workout Schedule - Team Beachbody

P90X - Insanity Hybrid Workout Schedule Phase 1 Weeks 1-3 Week 4 1. P90X Chest & Back / Cardio Abs Insanity Core Cardio 2. Insanity Plyo Cardio Circuit P90X Core Synergistics 3. P90X Shoulder & Arms / Cardio Abs Insanity Core Cardio & Balance 4. Insanity Cardio Recovery P90X X Stretch 5 2th, 2024

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P90X2 INSANITY THE ASYLUM HYBRID WORKOUT ...

P90X2 INSANITY THE ASYLUM HYBRID WORKOUT SCHEDULE Day 1 - X2 Chest + Back & X2 Ab Ripper Day 2 - Vertical Plyo & Relief Day 3 - X2 Shoulders + Arms & X2 Ab Ripper Day 4 - X2 Yoga Day 5 - X2 Base + Back & Relief Day 6 - Speed & Agility - Relief Day 7 - Rest Day Day 8 - X2 V Scu 3th, 2024

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Insanity Workout Schedule (Month One) Week 1 Mon: Fit Test Tue: Plyometric Cardio Circuit Wed: Cardio Power & Resistance Thu: Cardio Recovery Fri: Pure Cardio Sat: Plyometric Cardio Circuit Sun: Rest Week 2 Mon: Cardi 2th, 2024

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