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With The Number Of R Eps Performed. This Is A Repeat Workout, So For Each Exercise Use The Top Line For The First Round And The Bottom Line For The Second Round. R = REPS W = WEIGHT WORKSHEET CHEST BACK WEEK 1 WEEK 2 WEEK 3 WEEK 9 WEEK 11 Standard Push- Ups Wide Front Pull- Ups Military Mar 12th, 2024

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P90X Workout Schedule Week 1-3 Day 1 - Chest And

Back . Day 2 – Plyometrics . Day 3 – Shoulders And Arms . Day 4 – Yoga X . Day 5 – Legs And Back . Week 4 Day 1 – Yoga X . Day 2 – Core Synergistics . Day 3 – Kenpo X . Day 4 – X Stretch . Day 5 – Core Synergistics . Week 5-7 Day 1 – Chest, Shoulders And Triceps . Day 2 ... Apr 22th, 2024

P90X - Insanity Hybrid Workout Schedule - Team Beachbody

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