

# TRAINING PHASES

CHECK YOUR **POWER YOUR PERFORMANCE FITNESS GUIDE** FOR DETAILS.

## PHASE

# 1



### FOUNDATION *(3 to 6 weeks)*

Day 1: X2 Core  
Day 2: Plyocide  
Day 3: Rest or X2 Recovery + Mobility  
Day 4: X2 Total Body & X2 Ab Ripper  
Day 5: X2 Yoga  
Day 6: X2 Balance + Power  
Day 7: Rest or X2 Recovery + Mobility

## PHASE

# 2



### STRENGTH *(3 to 6 weeks)*

Day 1: Chest + Back + Balance & X2 Ab Ripper  
Day 2: Plyocide  
Day 3: Rest or X2 Recovery + Mobility  
Day 4: X2 Shoulders + Arms & X2 Ab Ripper  
Day 5: X2 Yoga  
Day 6: Base + Back & X2 Ab Ripper  
Day 7: Rest or X2 Recovery + Mobility

#### ADDITIONAL OPTIONS

V Sculpt & X2 Ab Ripper Switch into Day 1

X2 Chest + Shoulders + Tris & X2 Ab Ripper Switch into Day 4

## PHASE

# 3



### PERFORMANCE *(3 to 4 weeks)*

Day 1: P.A.P. Lower  
Day 2: P.A.P. Upper  
Day 3: X2 Yoga  
Day 4: Rest or X2 Recovery + Mobility  
Day 5: P.A.P. Lower  
Day 6: P.A.P. Upper  
Day 7: Rest or X2 Recovery + Mobility

### RECOVERY WEEK *(to be done whenever you need it)*

Day 1: X2 Recovery + Mobility  
Day 2: X2 Yoga  
Day 3: X2 Recovery + Mobility  
Day 4: X2 Yoga  
Day 5: X2 Recovery + Mobility  
Day 6: X2 Yoga  
Day 7: Rest or X2 Recovery + Mobility

