

P90X® Extreme Training System

Get absolutely ripped in just 90 days!

P90X is not for beginners. Designed by celebrity fitness trainer Tony Horton, P90X gets you absolutely ripped in 90 days. Through 12 sweat-inducing, muscle-pumping workouts, a comprehensive 3-phase nutrition plan, a detailed fitness guide and a calendar to track your progress, the P90X

program will define muscles you've got and develop muscles you never knew you had. In just an hour a day, it will physically and mentally transform people from being in good shape to being outstanding athletes.



THE BEACHBODY® DIFFERENCE

Tested and proven to build muscle and shred body fat fast with an advanced training technique called "Muscle Confusion," which accelerates the results process by constantly introducing new moves and routines so the body never plateaus, and the mind never gets bored. Whether you want to go lean, bulk up, or get ripped, there's an endless variety of ways to mix and match these amazing workouts to keep both men and women motivated . . . and ripped.

DID YOU KNOW?

Building and maintaining **muscle** is the secret to reshaping your body, and staying **trim** because it helps burn fat faster than cardiovascular workouts alone. Muscle requires a lot of **energy** in order to keep its mass and "feeds" off of readily available energy stores, including fat.

UNIQUE FEATURES & USAGE

- Twelve **diverse** and **intense** workout DVDs featuring targeted **weight training**, **synergistic** and **core training**, **yoga**, **plyometrics** (also known as athletic jump training), **Pilates**, **Kenpo karate**, **stretching**, and **abdominal** work for a total-body transformation
- 3-Phase **Nutrition Plan** to help you burn fat while maintaining high energy levels
- Detailed **fitness guide** packed with valuable information for getting the most out of P90X
- **"How to Bring It" video** for a quick overview of the complete P90X system
- Handy P90X **calendar** to set workout goals, track progress and motivate
- **FREE 24/7 online support tools** with access to fitness experts, peer support, and motivation

Select the P90X program (Classic, Doubles, or Lean) from the fitness guide, follow the step-by-step nutrition guide and Keep Pressing Play.