

## P90x Workout Manual

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P90X, or Power 90 Extreme, is a commercial home exercise regimen created by Tony Horton. Developed as a successor to the program called "Power 90", it is designed to

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2oz\_ Turkeyjerky 2oz\_ Turkeyjerky 2oz\_ Turkeyjerky \_Recipeincluded DAY 1 DAY 2 DAY 3 DAY 6 1\_ MushroomOmelet 1cup\_ Freshstrawberries 8oz\_ Cottagecheese,1% 1\_ ProteinShake

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