
How long on each DVD?

Posted by Uday - 2008/09/06 13:45

Hi,

I've literally just started on the p90x DVD's and I think I may have missed something important somewhere.

How long (i.e. days) do I spend on each DVD? Is roughly a week on each or do I do some DVDs longer than others.

Thanks in advance.

Uday

Re:How long on each DVD?

Posted by mrphil - 2008/09/06 14:32

There should be a guide that came with your DVDs. Original, Doubles, or Lean. It's a day on each DVD in a certain order.

Welcome to the P90X forums!

Re:How long on each DVD?

Posted by he4dhuntr - 2008/09/11 10:33

Chest & Back - 0:52:50

Plyometrics - 0:58:36

Shoulders & Arms - 0:59:53

Yoga X - 1:32:24

Legs & Back - 0:58:56

Kenpo X - 0:58:46

X Stretch - 0:57:32

Core Synergistics - 0:57:27

Chest, Shoulders & Triceps - 0:55:44

Back & Biceps - 0:51:36

Cardio X - 0:43:18

Ab Ripper X - 0:16:07

So the routines will come up to this for the classic version:

Week 1, 2, 3, 9, 11:

Chest & Back, Ab Ripper X - 1:08:57

Plyometrics - 0:58:36

Shoulders & Arms, Ab Ripper X - 1:16:00

Yoga X - 1:32:24

Legs & Back, Ab Ripper X - 1:15:03

Kenpo X - 0:58:46

X Stretch - 0:57:32

Week 5, 6, 7, 10, 12:

Chest, Shoulders & Triceps, Ab Ripper X - 1:11:51

Plyometrics - 0:58:36

Back & Biceps, Ab Ripper X - 1:07:43

Yoga X - 1:32:24

Legs & Back, Ab Ripper X - 1:15:03

Kenpo X - 0:58:46

X Stretch - 0:57:32

Week 4, 8, 13:

Yoga X - 1:32:24
Core Synergistics - 0:57:27
Kenpo X - 0:58:46
X Stretch - 0:57:32
Core Synergistics - 0:57:27
Yoga X - 1:32:24
X Stretch - 0:57:32

Hope this is what you were looking for... Cheers!

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Re:How long on each DVD?

Posted by Uday - 2008/09/11 12:46

Thanks very much for this. I still can't find what you've written in the documents that I have but this makes more sense now.

Yours,

Uday

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