

YouTube Video

First look at P90X3 by Tony Horton and Beachbody LLC coming December 2013

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ATLANTA, GA, October 08, 2013 **/24-7PressRelease/** -- Nearly a decade since the original release of the iconic Beach Body home workout series P90X, creator Tony Horton has announced the launch of a new series titled

[P90X3](#)

in December 2013, following just two years after the release of P90X2.

Tony Horton's new P90X3 workout boasts some significant changes from the iconic at home workout schedule he first launched in 2004 - P90X. Those changes make it more accessible and quicker to get results as good as those seen from the original P90X. While the original had full one-hour workouts everyday, P90X3 compacts the workouts into 30 minutes while still delivering the same fitness and body sculpting results.

"Get in, work hard and get out." said one test group participant, who dropped 19lbs in three months and now boasts a 6-pack. "To be able to see the results that you get in such a short amount of time - mind blowing." Of the 40 test participants, all but one shaved at least 10% of their total body fat percentage. A typical result would have been to start the program with body fat percentage at 22% and lowering that to just 12% at the end of the 90 days. These positive outcomes are a result of a 2 year development program by Horton, ensuring that every single one of the 20 sequences provided in the series is extremely efficient, maximizing each second of workout time.

Reducing the workout to just 30 minutes while still delivering the same level of results required the programs creator to turn to the fitness industries latest fad - mixed martial arts (MMA) inspired workouts. MMA workouts involve similar moves to those used by professionals training for martial arts combat, including high intensity and explosive moves such as punching, kicking and jumping - sometimes all three at once. While the result is an extremely intense exercise regime, the short amount of time it is done for means that more energy is put into the moves, maximizing their effect.

A Decade On, P90X3 Announced as the 3rd P90X Sequel

Written by Australian Business

There's the idea that "I know I'm gonna get through this so I'm gonna do a few more reps or go a bit further in my range of motion." says Tony Horton, who also displayed some of his own muscles as proof of the results of the workout. "The test group also seemed to focus on getting their movements more correct." Participants will need a little more room than usual for those movements in order to push their body to the edge of the potential of each move, which Horton says is easier to do thanks to the positive psychological effect of each workout only being 30 minutes.

It's not a beach body workout without the all inclusive nutrition plan. The food component has gone back to being basic and simple, a deviance from [P90X2](#) which, focusing on a more athletic market, complicated the eating regime. "Eat healthy and you will be fit and lean," confirmed Horton.

To sign up to a list to receive the latest information about the release of P90X3, go to [FitnessBodyOnline](#), trusted retailers of genuine Beachbody products. Fast shipping and great value prices is why our customers return again and again.