



WORKSHEET • CHEST & BACK • DISC 1

| DATE / WEEK | | | | | |
|---|-----------------|-----------------|-----------------|-----------------|-----------------|
| Warm-Up (2:30 + 6:30) | | | | | |
| 01 CHEST - Standard Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 02 BACK - Wide Front Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 03 CHEST - Military Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 04 BACK - Reverse Grip Chin-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| Water Break (0:49) | | | | | |
| 05 CHEST - Wide Fly Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 06 BACK - Closed Grip Overhand Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 07 CHEST - Decline Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 08 BACK - Heavy Pants | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Water Break (0:47) | | | | | |
| 09 CHEST - Diamond Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 10 BACK - Lawnmowers | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 11 CHEST - Dive-Bomber Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 12 BACK - Back Flies | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Water Break (1:04) | | | | | |
| 13 BACK - Wide Front Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 14 CHEST - Standard Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 15 BACK - Reverse Grip Chin-Ups | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 16 CHEST - Military Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| Water Break (1:00) | | | | | |
| 17 BACK - Closed Grip Overhand Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 18 CHEST - Wide Fly Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 19 BACK - Heavy Pants | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 20 CHEST - Decline Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| Water Break (0:37) | | | | | |
| 21 BACK - Lawnmowers | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 22 CHEST - Diamond Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 23 BACK - Back Flies | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 24 CHEST - Dive-Bomber Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| Cool Down (3:22) | | | | | |

R: reps W: weight

Equipment Required

- Weights or resistance bands
- P90X® Chin-Up Bar
(+ Chin-up Max, if you struggle with pull-ups)
- Bench or chair

Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

Need more P90X worksheets? Go to P90Xworksheets.com



WORKSHEET • SHOULDERS & ARMS • DISC 3

| DATE / WEEK | | | | | |
|--|-------------------|-------------------|-------------------|--------------------------------------|-------------------|
| Warm-Up [2:46 + 7:23] | | | | | |
| 01 SHOULDERS - Alternating Shoulder Presses | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 02 BICEPS - In & Out Bicep Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 03 TRICEPS - Two-Arm Triceps Kickback | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 04 SHOULDERS - Alternating Shoulder Presses | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 05 BICEPS - In & Out Bicep Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 06 TRICEPS - Two-Arm Triceps Kickback | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Ballistic Stretch [0:30] | | | | | |
| 07 SHOULDERS - Deep Swimmer's Presses | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 08 BICEPS - Full Supination Concentration Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 09 TRICEPS - Chair Dips | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 10 SHOULDERS - Deep Swimmer's Presses | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 11 BICEPS - Full Supination Concentration Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 12 TRICEPS - Chair Dips | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Ballistic Stretch [0:30] | | | | | |
| 13 SHOULDERS - Upright Rows | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 14 BICEPS - Static Arm Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 15 TRICEPS - Flip-Grip Twist Triceps Kickbacks | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 16 SHOULDERS - Upright Rows | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 17 BICEPS - Static Arm Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 18 TRICEPS - Flip-Grip Twist Triceps Kickbacks | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Ballistic Stretch [0:34] | | | | | |
| 19 SHOULDERS - Seated Two-Angle Shoulder Flys | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 20 BICEPS - Crouching Cohen Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 21 TRICEPS - Lying-Down Triceps Extensions | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 22 SHOULDERS - Seated Two-Angle Shoulder Flys | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 23 BICEPS - Crouching Cohen Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 24 TRICEPS - Lying-Down Triceps Extensions | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Ballistic Stretch [0:38] | | | | | |
| 25 SHOULDERS - In & Out Straight-Arm Shoulder Flys | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 26 BICEPS - Congdon Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 27 TRICEPS - Side Tri-Rises | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| 28 SHOULDERS - In & Out Straight-Arm Shoulder Flys | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 29 BICEPS - Congdon Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 30 TRICEPS - Side Tri-Rises | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| Cool Down [3:29] | | | | R: reps W: weight RT: right LT: left | |

Equipment Required • Weights or resistance bands
• Bench or chair

Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

Need more P90X worksheets? Go to P90Xworksheets.com



WORKSHEET • LEGS & BACK • DISC 5

| DATE / WEEK | | | | | |
|---|-------------------|-------------------|-------------------|-------------------|--------------------|
| Warm-Up (2:27 + 7:34) | | | | | |
| 01 LEGS - Balanced Lunges | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| 02 LEGS - Calf-Raise Squats | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 03 BACK - Reverse Grip Chin-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 04 LEGS - Super Skaters | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| 05 LEGS - Wall Squats | R _____ sec | R _____ sec | R _____ sec | R _____ sec | R _____ sec |
| 06 BACK - Wide Front Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 07 LEGS - Step Back Lunge | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 08 LEGS - Alternating Side Lunge | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 09 BACK - Closed Grip Overhead Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 10 LEGS - Single-Leg Wall Squat | R _____ sec | R _____ sec | R _____ sec | R _____ sec | R _____ sec |
| 11 LEGS - Deadlift Squats | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| 12 BACK - Switch Grip Pull-Ups (Switch every 2 reps) | R _____ | R _____ | R _____ | R _____ | R _____ |
| Water Break (2:00) | | | | | |
| 13 LEGS - Three-Way Lunge | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| 14 LEGS - Sneaky Lunge | R _____ | R _____ | R _____ | R _____ | R _____ |
| 15 BACK - Reverse Grip Chin-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 16 LEGS - Chair Salutations | R _____ sec | R _____ sec | R _____ sec | R _____ sec | R _____ sec |
| 17 LEGS - Toe-Roll Iso Lunge | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 18 BACK - Wide Front Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 19 LEGS - Groucho Walk | R _____ sec | R _____ sec | R _____ sec | R _____ sec | R _____ sec |
| Toes Out | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 20 LEGS - Calf Raises Feet Parallel | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Toes In | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 21 BACK - Closed Grip Overhand Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 22 LEGS - 80/20 Siebers-Speed Squats | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| 23 BACK - Switch Grip Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| Cool Down (4:18) | | | | | |
| | | | | R: reps W: weight | RT: right LT: left |

- Equipment Required**
- Weights or resistance bands
 - P90X® Chin-Up Bar
(+ Chin-up Max, if you struggle with pull-ups)
 - Bench or chair

Post-Workout Nutrition
Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.
Need more P90X worksheets? Go to P90Xworksheets.com



WORKSHEET • CORE SYNERGISTICS • DISC 8

| DATE / WEEK | | | | | |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|
| Warm-Up (6:31 + 3:30) | | | | | |
| 01 Stacked Foot / Staggered Hands Push-Ups (Switch every 5 reps) | R _____ | R _____ | R _____ | R _____ | R _____ |
| 02 Banana Rolls (16 reps / 2 min) | R _____ | R _____ | R _____ | R _____ | R _____ |
| 03 Leaning Crescent Lunges | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 04 Squat Runs | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 05 Sphinx Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 06 Bow to Boat (4 Sets/1:48 min) | R _____ | R _____ | R _____ | R _____ | R _____ |
| 07 Low Lateral Skaters | R _____ | R _____ | R _____ | R _____ | R _____ |
| 08 Lunge & Reach | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Water Break (0:42) | | | | | |
| 09 Prison Cell Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 10 Side Hip Raise | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| 11 Squat X-Press | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 12 Plank to Chaturanga Run | R _____ | R _____ | R _____ | R _____ | R _____ |
| 13 Walking Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 14 Superman Banana | R _____ | R _____ | R _____ | R _____ | R _____ |
| 15 Lunge Kickback Curl Press | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 16 Towel Hoppers | R _____ | R _____ | R _____ | R _____ | R _____ |
| Water Break (0:44) | | | | | |
| 17 Reach High & Under Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 18 Steam Engine | R _____ | R _____ | R _____ | R _____ | R _____ |
| 19 Dreyer Rolls | R _____ | R _____ | R _____ | R _____ | R _____ |
| 20 Plan to Chaturanga Iso | R _____ | R _____ | R _____ | R _____ | R _____ |
| 21 Halfback | R _____ | R _____ | R _____ | R _____ | R _____ |
| 22 Table Dip Leg Raises | R _____ | R _____ | R _____ | R _____ | R _____ |
| Cool Down & Stretch (5:06) | | | | | |

R: reps W: weight RT: right LT: left

Equipment Required • Weights or resistance bands

Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

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WORKSHEET • CHEST, SHOULDERS, & TRICEPS • DISC 9

| DATE / WEEK | | | | | |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|
| Warm-Up [8:52] | | | | | |
| 01 CHEST - Slow-Motion 3-in-1 Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 02 SHOULDERS - In & Out Shoulder Flys | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 03 TRICEPS - Chair Dips | R _____ | R _____ | R _____ | R _____ | R _____ |
| 04 CHEST - Plange Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 05 SHOULDERS - Pike Presses | R _____ | R _____ | R _____ | R _____ | R _____ |
| 06 TRICEPS- Side Tri-Rises | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| 07 CHEST - Floor Flys (Switch every 4 reps) | R _____ | R _____ | R _____ | R _____ | R _____ |
| 08 SHOULDERS - Scarecrows | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 09 TRICEPS - Overhead Triceps Extensions | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 10 CHEST - Two-Twitch Speed Push-Ups (4 Fast, 3 Slow) | R _____ | R _____ | R _____ | R _____ | R _____ |
| 11 SHOULDERS - Y-Presses | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 12 TRICEPS - Lying Triceps Extensions | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Water Break [0:53] | | | | | |
| 13 CHEST - Side-to-Side Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 14 SHOULDERS - Pour Flys | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 15 TRICEPS - Side-Leaning Triceps Extensions | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 16 CHEST - One-Arm Push-Ups | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ | RT _____ LT _____ |
| 17 SHOULDERS - Weighted Circles (2 X 20 reps) | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 18 TRICEPS - Throw the Bomb | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 19 CHEST - Clap or Plyo Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 20 SHOULDERS - Slo-Mo Throws | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 21 TRICEPS - Front-to-Back Triceps Extensions | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 22 CHEST - One-Arm Balance Push-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 23 SHOULDERS - Fly-Row-Presses | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 24 TRICEPS - Dumbbell Cross-Body Blows | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Cool Down [4:18] | | | | | |
| R: reps W: weight RT: right LT: left | | | | | |

Equipment Required • Weights or resistance bands
• P90X® Chin-Up Bar
(+ Chin-up Max, if you struggle with pull-ups)
• Bench or chair

Post-Workout Nutrition
Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

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WORKSHEET • BACK & BICEPS • DISC 10

| DATE / WEEK | | | | | |
|---|-----------------|-----------------|-----------------|-------------------|--------------------|
| Warm-Up [2:36 + 6:32] | | | | | |
| 01 BACK - Wide Front Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 02 BACK - Lawnmowers | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 03 BICEPS - Twenty-Ones | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 04 BICEPS - One-Arm Cross-Body Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 05 BACK - Switch Grip Pull-Ups (Switch every 2 reps) | R _____ | R _____ | R _____ | R _____ | R _____ |
| 06 BACK - Elbows-Out Lawnmowers | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 07 BICEPS - Standing Bicep Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 08 BICEPS - One-Arm Concentration Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 09 BACK - Corn Cob Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 10 BACK - Reverse Grip Bent-Over Rows | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 11 BICEPS - Open-Arm Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 12 BICEPS - Static-Arm Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Water Break [0:42] | | | | | |
| 13 BACK - Towel Pull-Ups (Switch every 3) | R _____ | R _____ | R _____ | R _____ | R _____ |
| 14 BACK - Congdon Locomotives | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 15 BICEPS - Crouching Cohen Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 16 BICEPS - One-Arm Corkscrew Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 17 BACK - Chin-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 18 BACK - Seated Bent-Over Back Flys | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 19 BICEPS - Curl-Up/Hammer Downs | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 20 BICEPS - Hammer Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 21 BACK - Max Rep Pull-Ups | R _____ | R _____ | R _____ | R _____ | R _____ |
| 22 BACK - Superman (6 x 10 seconds) | R _____ | R _____ | R _____ | R _____ | R _____ |
| 23 BICEPS - In-Out Hammer Curls | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| 24 BICEPS - Strip-Set Curls (4 rounds) | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Cool Down [2:13] | | | | | |
| | | | | R: reps W: weight | RT: right LT: left |

Equipment Required

- Weights or resistance bands
- P90X® Chin-Up Bar
(+ Chin-up Max, if you struggle with pull-ups)
- Bench or chair
- Towel

Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

Need more P90X worksheets? Go to P90Xworksheets.com

| DATE / WEEK | | | | | |
|---|--------|--------|--------|--------|--------|
| 01 IN & OUTS Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 02 SEATED BICYCLES Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 03 REVERSE BICYCLES Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 04 SEATED CRUNCHY FROGS Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 05 CROSSED LEG/WIDE LEG SIT-UPS Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 06 FIFER SCISSORS Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 07 HIP ROCK 'N' RAISE Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 08 PULSE-UPS (HEELS TO HEAVEN) Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 09 ROLL-UP/ V-UP COMBOS Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 10 OBLIQUE V-UPS Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 11 LEG CLIMBS Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| 12 MASON (KAYAK) TWIST Target - 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| Cool Down & Stretch (0:51) | | | | | |
| R: reps | | | | | |

Equipment Required • Mat

Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

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Health Formula™



P90X Results
and Recovery
Formula



P90X
Chin-Up Bar



P90X
Chin-Up Max