

ROUND 1



WORKSHEET • BACK & BICEPS • DISC 10

DATE / WEEK 4/2/12 #5 4/9/12 #6 4/17/12 #7 5/7/12 #10 5/24/12 #12

Warm-Up (2:36 + 6:32)

| | | | | | |
|--|------------|-----------|------------|-------------|-------------|
| 01 BACK - Wide Front Pull-Ups | R 3 / 10c | R 3 / 12c | R 3 / 15c | R 5 / 8a | R 6 / 10a |
| 02 BACK - Lawnmowers | R 12 W 30↑ | R 12 W 35 | R 14 W 35 | R 13 W 37.5 | R 14 W 37.5 |
| 03 BICEPS - Twenty-Ones | R 15 W 20↓ | R 15 W 15 | R 15 W 20 | R 21 W 20 | R 21 W 20 |
| 04 BICEPS - One-Arm Cross-Body Curls | R 8 W 20 | R 8 W 20 | R 8 W 20 | R 8 W 20 | R 8 W 20 |
| 05 BACK - Switch Grip Pull-Ups (Switch every 2 reps) | R 12c | R 12c | R 12c | R 3 / 7a | R 5 / 7a |
| 06 BACK - Elbows-Out Lawnmowers | R 12 W 25 | R 9 W 30 | R 10 W 30↑ | R 8 W 35 | R 9 W 35 |
| 07 BICEPS - Standing Bicep Curls | R 10 W 20 | R 10 W 20 | R 10 W 20↑ | R 10 W 25 | R 10 W 25 |
| 08 BICEPS - One-Arm Concentration Curls | R 8 W 20 | R 10 W 15 | R 8 W 20 | R 7 W 20 | R 8 W 20 |
| 09 BACK - Corn Cob Pull-Ups | R 9c | R 9c | R 10c | R 5a | R 7a |
| 10 BACK - Reverse Grip Bent-Over Rows | R 10 W 25 | R 10 W 25 | R 10 W 30 | R 12 W 30 | R 13 W 30 |
| 11 BICEPS - Open-Arm Curls | R 8 W 20 | R 8 W 20 | R 10 W 20 | R 10 W 20 | R 10 W 20 |
| 12 BICEPS - Static-Arm Curls | R 16 W 15 | R 16 W 15 | R 16 W 15 | R 16 W 15↑ | R 16 W 20 |

Water Break (0:42)

| | | | | | |
|---|------------|------------|------------|------------|-----------|
| 13 BACK - Towel Pull-Ups (Switch every 3) | R 12c | R 15c | R 15c | R 12a | R 12a |
| 14 BACK - Congdon Locomotives | R 40 W 25 | R 40 W 25 | R 40 W 25 | R 40 W 25 | R 40 W 25 |
| 15 BICEPS - Crouching Cohen Curls | R 9 W 15 | R 10 W 15 | R 10 W 15↑ | R 8 W 20 | R 8 W 20 |
| 16 BICEPS - One-Arm Corkscrew Curls | R 9 W 20 | R 10 W 20 | R 10 W 20 | R 10 W 20↑ | R 8 W 25 |
| 17 BACK - Chin-Ups | R 10c | R 13c | R 15c | R 11a | R 12a |
| 18 BACK - Seated Bent-Over Back Flys | R 12 W 15↑ | R 15 W 20↑ | R 12 W 25 | R 15 W 25↑ | R 12 W 30 |
| 19 BICEPS - Curl-Up/Hammer Downs | R 7 W 20 | R 8 W 20 | R 10 W 20 | R 6 W 25 | R 8 W 25 |
| 20 BICEPS - Hammer Curls | R 5 W 20↓ | R 12 W 15↑ | R 8 W 20 | R 4 W 25 | R 8 W 25 |
| 21 BACK - Max Rep Pull-Ups | R 11c | R 12c | R 12c | R 8a | R 10a |
| 22 BACK - Superman (6 x 10 seconds) | R 5 | R 5 | R 5 | R 5 | R 5 |
| 23 BICEPS - In-Out Hammer Curls | R 8 W 15 | R 8 W 15 | R 8 W 15 | R 8 W 20 | R 8 W 20 |
| 24 BICEPS - Strip-Set Curls (4 rounds) | R 6 W 15 | R 8 W 15 | R 8 W 15 | R 8 W 20 | R 8 W 20 |
| | R 8 W 12 | R 8 W 12 | R 8 W 12 | R ↓ W 15 | R ↓ W 15 |
| | R 8 W 10 | R 8 W 10↑ | R 8 W 12 | R ↓ W 12 | R ↓ W 12 |
| | R 8 W 8 | R 8 W 8↑ | R 8 W 12 | R ↓ W 12 | R ↓ W 12 |

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



6/14/12
7/10a
29/25
10/35
10/25
10/35
10/22
4/11a
7/22.5
10/35
10/25
10a
8/20
SUMMER ↑

SUMMER

7/12/12



WORKSHEET • BACK & BICEPS • DISC 10

| DATE / WEEK | 6/25/12 | 7/4/12 | 8/3/12 | 8/15/12 | 8/28/12 |
|-------------|---------|-------------------|--------|---------|---------|
|-------------|---------|-------------------|--------|---------|---------|

Warm-Up (2:36 + 6:32)

| | | | | | |
|--|-------------|-----------------|-----------------|-----------------|-----------|
| 01 BACK - Wide Front Pull-Ups | R 7/12a | R _____ | R 8/10a | R _____ | R 10/10a |
| 02 BACK - Lawnmowers | R 15 W 37.5 | R _____ W _____ | R 10 W 35 | R _____ W _____ | R 12 W 35 |
| 03 BICEPS - Twenty-Ones | R 12 W 25 | R _____ W _____ | R 21 W 20 | R _____ W _____ | R 21 W 20 |
| 04 BICEPS - One-Arm Cross-Body Curls | R 10 W 20 | R _____ W _____ | R 10 W 20 | R _____ W _____ | R 10 W 20 |
| 05 BACK - Switch Grip Pull-Ups (Switch every 2 reps) | R 4/8a | R _____ | R 3/9a | R _____ | R 8/4a |
| 06 BACK - Elbows-Out Lawnmowers | R 10 W 37.5 | R _____ W _____ | R 10 W 35 | R _____ W _____ | R 10 W 35 |
| 07 BICEPS - Standing Bicep Curls | R 10 W 25 | R _____ W _____ | R 8 W 25 | R _____ W _____ | R 8 W 25 |
| 08 BICEPS - One-Arm Concentration Curls | R 8 W 20 | R _____ W _____ | R 8 W 20 | R _____ W _____ | R 8 W 20 |
| 09 BACK - Corn Cob Pull-Ups | R 7a | R _____ | R 6a | R _____ | R 7a |
| 10 BACK - Reverse Grip Bent-Over Rows | R 10 W 35 | R _____ W _____ | R _____ W _____ | R _____ W _____ | R 10 W 30 |
| 11 BICEPS - Open-Arm Curls | R 10 W 25 | R _____ W _____ | R 12 W 20 | R _____ W _____ | R 12 W 20 |
| 12 BICEPS - Static-Arm Curls | R 16 W 20 | R _____ W _____ | R 16 W 20 | R _____ W _____ | R 16 W 20 |

Water Break (0:42)

| | | | | | |
|---|-----------------|------------|--------------------|--------------------|-----------------|
| 13 BACK - Towel Pull-Ups (Switch every 3) | R _____ | R 8/6a | R 10/6a | R 10/10a | R _____ |
| 14 BACK - Congdon Locomotives | R _____ W _____ | R 40 W 25↑ | R _____ W _____ | R 40 W 25 | R _____ W _____ |
| 15 BICEPS - Crouching Cohen Curls | R _____ W _____ | R 10 W 25 | R _____ W _____ | R 10 W 25 | R _____ W _____ |
| 16 BICEPS - One-Arm Corkscrew Curls | R _____ W _____ | R 10 W 25↑ | R _____ W _____ | R 8 W 30 | R _____ W _____ |
| 17 BACK - Chin-Ups | R _____ | R 8/4a | R _____ | R 8/5a | R _____ |
| 18 BACK - Seated Bent-Over Back Flys | R _____ W _____ | R 10 W 35 | R _____ W _____ | R 10 W 30↑ | R _____ W _____ |
| 19 BICEPS - Curl-Up/Hammer Downs | R _____ W _____ | R 10 W 25 | R _____ W _____ | R 10 W 25 | R _____ W _____ |
| 20 BICEPS - Hammer Curls | R _____ W _____ | R 10 W 25 | R _____ W _____ | R 4 W 25 6 W 20 | R _____ W _____ |
| 21 BACK - Max Rep Pull-Ups | R _____ | R 10a | R _____ | R 8a | R _____ |
| 22 BACK - Superman (6 x 10 seconds) | R _____ | R 5 | R _____ | R (3) | R _____ |
| 23 BICEPS - In-Out Hammer Curls | R _____ W _____ | R 10 W 20↑ | R _____ W _____ | R 5 W 25 4 W 20 | R _____ W _____ |
| 24 BICEPS - Strip-Set Curls (4 rounds) | R _____ W _____ | R 8 W 25 | R _____ W _____ | R 7 W 25 | R _____ W _____ |
| | R _____ W _____ | R ↓ W 20 | R _____ W _____ | R 8 W 20 | R _____ W _____ |
| | R _____ W _____ | R ↓ W 15 | R _____ W _____ | R 8 W 15 | R _____ W _____ |
| | R _____ W _____ | R ↓ W 12 | R _____ W _____ | R 10 W 12 | 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®.

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ROUND 2



WORKSHEET • BACK & BICEPS • DISC 10

DATE / WEEK (9/30/12) 10/1/12 10/8/12 10/15/12 11/5/12 11/18/12

Warm-Up [2:36 + 6:32]

| | | | | | |
|---|-------------|-------------|--------------------|--------------------|--------------------|
| 01 BACK - Wide Front Pull-Ups | R 12/0a | R 7*/0a | R 9*/0a | R 11*/0a | R 11*/0a |
| 02 BACK - Lawnmowers | R 15 W 37.5 | R 15 W 37.5 | R 15 W 37.5 | R 15 W 37.5 | R 15 W 37.5 |
| 03 BICEPS - Twenty-Ones | R 21 W 20 | R 21 W 20 | R 21 W 20 | R 21 W 20 | R 21 W 20↑ |
| 04 BICEPS - One-Arm Cross-Body Curls | R 10 W 20 | R 12 W 20↑ | R 8 W 25 | R 9 W 25 | R 6 W 30 4 W 25 |
| 05 BACK - Switch Grip Pull-Ups (Switch every 2 reps) | R 8/4a | R 6/6a | R 6/6a | R 6/6a | R 6/6a |
| 06 BACK - Elbows-Out Lawnmowers | R 10 W 35 | R 12 W 35 | R 10 W 37.5 | R 12 W 37.5 | R 12 W 37.5 |
| 07 BICEPS - Standing Bicep Curls | R 9 W 25 | R 10 W 25 | R 10 W 25 | R 3 W 30 5 W 25 | R 4 W 30 4 W 25 |
| 08 BICEPS - One-Arm Concentration Curls | R 8 W 20 | R 8 W 20 | R 8 W 20 | R 8 W 20 | R 8 W 20 |
| 09 BACK - Corn Cob Pull-Ups | R 7a | R 6a | R 7a | R 7a | R 7a |
| 10 BACK - Reverse Grip Bent-Over Rows | R 10 W 30 | R 12 W 30 | R 13 W 30 | R 12 W 32.5 | R 12 W 32.5 |
| 11 BICEPS - Open-Arm Curls | R 10 W 20 | R 10 W 20↑ | R 6 W 25 4 W 20 | R 3 W 25 3 W 20 | R 9 W 25 |
| 12 BICEPS - Static-Arm Curls | R 16 W 20 | R 16 W 20 | R 16 W 20 | R 16 W 20 | R 16 W 20 |

Water Break (0:42)

| | | | | | |
|---|------------|--------------------|--------------------|--------------------|--------------------|
| 13 BACK - Towel Pull-Ups (Switch every 3) | R 12a | R 12a | R 12a | R 12a | R 12a |
| 14 BACK - Congdon Locomotives | R 40 W 25 | R 40 W 25 | R 40 W 25 | R 40 W 25 | R 40 W 25 |
| 15 BICEPS - Crouching Cohen Curls Std Curls | R 8 W 25 | R 8 W 25 | R 8 W 25 | R 3 W 30 5 W 25 | R 4 W 30 4 W 25 |
| 16 BICEPS - One-Arm Corkscrew Curls | R 8 W 25 | R 10 W 25 | R 10 W 25 | R 10 W 25 | R 10 W 25 |
| 17 BACK - Chin-Ups | R 2/8a | R 4/6a | R 5/5a | R 6/6a | R 5/7a |
| 18 BACK - Seated Bent-Over Back Flies | R 12 W 30↑ | R 10 W 35 | R 10 W 35 | R 10 W 35 | R 12 W 35 |
| 19 BICEPS - Curl-Up/Hammer Downs | R 8 W 25 | R 8 W 25 | R 8 W 25 | R 8 W 25 | R 8 W 25 |
| 20 BICEPS - Hammer Curls | R 10 W 20 | R 8 W 25 | R 8 W 25 | R 8 W 25 | R 8 W 25 |
| 21 BACK - Max Rep Pull-Ups | R 10a | R 10a | R 10a | R 10a | R 10a |
| 22 BACK - Superman (6 x 10 seconds) | R 5 | R 5 | R 5 | R 5 | R 5 |
| 23 BICEPS - In-Out Hammer Curls | R 8 W 20 | R 4 W 25 4 W 20 | R 2 W 25 6 W 20 | R 4 W 25 4 W 20 | R 4 W 25 4 W 20 |
| 24 BICEPS - Strip-Set Curls (4 rounds) | R 7 W 20 | R 3 W 25 4 W 20 | R 8 W 20 | R 8 W 20 | R 8 W 20 |
| | R 8 W 15 | R 8 W 15 | R 8 W 15 | R 8 W 15 | R 8 W 15 |
| | R 8 W 12 | R 8 W 15 | R 8 W 15 | R 8 W 15 | R 8 W 15 |
| | R 8 W 12 | R 8 W 15 | R 8 W 12 | R 8 W 12 | R 8 W 15 |

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
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ROUND 3



WORKSHEET • BACK & BICEPS • DISC 10

| DATE / WEEK | 4/4/13 | 4/10/13 | 4/16/13 | 5/7/13 | 5/22/13 |
|---|-------------------|-------------|-------------|---------------------|-------------|
| Warm-Up [2:36 + 6:32] | | | | | |
| 01 BACK - Wide Front Pull-Ups | R 10 0 | R 11 | R 12 | R 13 | R 16 |
| 02 BACK - Lawnmowers | R 12 W 40 | R 12 W 40 | R 12 W 40 | R 12 W 40 | R 12 W 40 |
| 03 BICEPS - Twenty-Ones | R 21 W 22.5 | R 21 W 22.5 | R 21 W 22.5 | R 21 ↑ 22.5 | R 21 W 25 |
| 04 BICEPS - One-Arm Cross-Body Curls | R 8 W 30 | R 8 W 30 | R 8 W 30 | R 9 W 30 | R 10 W 30 |
| 05 BACK - Switch Grip Pull-Ups (Switch every 2 reps) | R 6 / 6a | R 6 / 6a | R 12 / 0a | R 12 / 0a | R 12 / 0a |
| 06 BACK - Elbows-Out Lawnmowers | R 10 W 40 | R 10 W 40 | R 10 W 40 | R 12 W 40 | R 12 W 40 |
| 07 BICEPS - Standing Bicep Curls | R 8 W 30 | R 8 W 30 | R 8 W 30 | R 9 W 30 | R 10 W 30 |
| 08 BICEPS - One-Arm Concentration Curls | R 8 W 20 | R 10 W 20 | R 10 W 20 | R 9 W 20 | R 9 W 20 |
| 09 BACK - Corn Cob Pull-Ups | R 7a | R 7a | R 7a | R 7a | R 5 / 0a |
| 10 BACK - Reverse Grip Bent-Over Rows | R 12 W 32.5 | R 10 W 35 | R 10 W 35 | R 12 W 35 | R 12 W 35 |
| 11 BICEPS - Open-Arm Curls | R 10 W 25 | R 11 W 25 | R 12 W 25 | R 12 W 25 | R 12 W 25 |
| 12 BICEPS - Static-Arm Curls | R 16 W 20 | R 16 W 20 | R 16 W 20 | R 16 W 20 | R 16 W 22.5 |
| Water Break (0:42) | | | | | |
| 13 BACK - Towel Pull-Ups (Switch every 3) | R 12a | R 12a | R 12a | R 3 / 9a | R 7 / 6a |
| 14 BACK - Congdon Locomotives | R 40 W 25 | R 40 W 25 | R 40 W 25 | R 40 W 25 | R 40 W 25 |
| 15 BICEPS - Crouching Curls | R 4 W 30 | R 3 W 30 | R 8 W 30 | R 8 W 30 | R 9 W 30 |
| 16 BICEPS - One-Arm Corkscrew Curls | R 9 W 25 | R 9 W 25 | R 10 W 25 | R 10 W 25 | R 8 W 30 |
| 17 BACK - Chin-Ups | R 8 / 6a | R 8 / 6a | R 8 / 8a | R 10 / 6a | R 10 / 0a |
| 18 BACK - Seated Bent-Over Back Flies | R 12 W 35 | R 12 W 35 | R 12 W 35 | R 12 W 35 | R 12 W 35 |
| 19 BICEPS - Curl-Up/Hammer Downs | R 8 W 25 | R 9 W 25 | R 10 W 25 | R 10 W 25 | R 5 W 30 |
| 20 BICEPS - Hammer Curls | R 8 W 25 | R 10 W 25 | R 10 W 25 | R 4 W 30 | R 5 W 30 |
| 21 BACK - Max Rep Pull-Ups | R 10a | R 10a | R 11a | R 12a | R 4 / 8a |
| 22 BACK - Superman (6 x 10 seconds) | R 5 | R 5 | R 5 | R 5 | R 5 |
| 23 BICEPS - In-Out Hammer Curls | R 4 W 25 | R 6 W 25 | R 5 W 25 | R 6 W 25 | R 6 W 25 |
| | R 4 W 20 | R 3 W 20 | R 5 W 20 | R 3 W 20 | R 3 W 20 |
| | R 8 W 20 | R 8 W 20 | R 8 W 20 | R 8 W 22.5 | R 7 W 25 |
| 24 BICEPS - Strip-Set Curls (4 rounds) | R ↓ W 15 | R ↓ W 15 | R ↓ W 15 | R ↓ W 20 | R ↓ W 20 |
| | R ↓ W 15 | R ↓ W ↓ | R ↓ W ↓ | R ↓ W 15 ↑ | R ↓ W 15 |
| | R ↓ W 15 | R ↓ W ↓ | R ↓ W ↓ | R ↓ W 15 | R ↓ W 15 |
| Cool Down [2:13] | | | | | |

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

- Equipment Required**
- Weights or resistance bands
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