

ROUND 1



a = assist = 3 bands



WORKSHEET • CHEST & BACK • DISC 1

DATE / WEEK	3/4/12 1	3/10/12 2	3/17/12 3	4/28/12 #9	5/12/12 #11	6/4
Warm-Up (2:30 + 6:30)						
01 CHEST - Standard Push-Ups	R 20	R 25	R 30	R 40	R 35	40
02 BACK - Wide Front Pull-Ups	R 10 c	R 12 c	R 12 h	R 3/8a	R 5/10a	5/10a
03 CHEST - Military Push-Ups	R 10	R 20	R 20	R 20	R 20	20
04 BACK - Reverse Grip Chin-Ups	R 8 c	R 1/7c	R 2/8c	R 5/7a	R 5/7a	7/10c
Water Break (0:49)						
05 CHEST - Wide Fly Push-Ups	R 20	R 22	R 23	R 20	R 20	30
06 BACK - Closed Grip Overhand Pull-Ups	R 8 c	R 8 c	R 10c	R 8a	R 4/5a	4/9a
07 CHEST - Decline Push-Ups	R 10	R 12	R 12	R 13	R 15	20
08 BACK - Heavy Pants	R 12 w 20	R 11 w 25	R 13 w 25	R 12 w 30↑	R 10 w 35	12/35
Water Break (0:47)						
09 CHEST - Diamond Push-Ups	R 10	R 14	R 15	R 14	R 15	20
10 BACK - Lawnmowers	R 15 w 20	R 12 w 25	R 15 w 25↑	R 12 w 35	R 12 w 37.5	15/37
11 CHEST - Dive-Bomber Push-Ups	R	R 10	R 15	R 15	R 14	15
12 BACK - Back Flys	R 14 w 12	R 12 w 15	R 15 w 15↑	R 10 w 25	R 12 w 25	12/25
Water Break (1:04)						
13 BACK - Wide Front Pull-Ups	R 10	R 9c	R 12 n	R 8a	R 15n	
14 CHEST - Standard Push-Ups	R 25	R 23	R 22	R 25	R 25	
15 BACK - Reverse Grip Chin-Ups	R 8c w	R 7c w	R 10c w	R 2 w 8a	R 2 w 8a	
16 CHEST - Military Push-Ups	R 16	R 12	R 15	R 13	R 15	
Water Break (1:00)						
17 BACK - Closed Grip Overhand Pull-Ups	R 7c	R 8c	R 10c	R 6a	R 10a	
18 CHEST - Wide Fly Push-Ups	R 20	R 20	R 20	R 18	R 20	
19 BACK - Heavy Pants	R 10 w 20	R 10 w 25	R 12 w 25	R 10 w 35	R 10 w 35	
20 CHEST - Decline Push-Ups	R 12	R 12	R 13	R 12	R 15	
Water Break (0:37)						
21 BACK - Lawnmowers	R 15 w 15	R 12 w 25	R 15 w 25↑	R 12 w 35	R 12 w 37.5	
22 CHEST - Diamond Push-Ups	R 11	R 11	R 13	R 13	R 15	
23 BACK - Back Flys	R 16 w 12	R 12 w 15	R 12 w 20	R 12 w 25	R 10 w 36	
24 CHEST - Dive-Bomber Push-Ups	R 9	R 9	R 10	R 10	R 12	
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®.
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SUMMER →

SUMMER



WORKSHEET • CHEST & BACK • DISC 1

DATE / WEEK	6/18/12	7/2/12	7/16/12	8/8/12	8/20/12
Warm-Up [2:30 + 6:30]					
01 CHEST - Standard Push-Ups	R 45	R 45	R	R	R 50
02 BACK - Wide Front Pull-Ups	R	R 8/10a	R	R	R 10/2a
03 CHEST - Military Push-Ups	R	R 20	R	R	R 15
04 BACK - Reverse Grip Chin-Ups	R	R 7/8a	R	R	R 7/5a - (2 bands)
Water Break (0:49)					
05 CHEST - Wide Fly Push-Ups	R	R 39	R	R	R 28
06 BACK - Closed Grip Overhand Pull-Ups	R	R 7/8a	R	R	R 5/5a
07 CHEST - Decline Push-Ups	R	R 20	R	R	R 15
08 BACK - Heavy Pants	R W	R 12 W 35	R W	R W	R 13 W 30
Water Break (0:47)					
09 CHEST - Diamond Push-Ups	R	R 20	R	R	R 15
10 BACK - Lawnmowers	R W	R 15 W 35	R (BACK)	R W	R 15 W 35
11 CHEST - Dive-Bomber Push-Ups	R	R 15	R	R	R 13
12 BACK - Back Flies	R W	R 12 W 30	R W	R W	R 12 W 30
Water Break (1:04)					
13 BACK - Wide Front Pull-Ups	R 10/0a	R	R 10/0a	R 10/0a	R
14 CHEST - Standard Push-Ups	R 40	R	R 40	R 40	R
15 BACK - Reverse Grip Chin-Ups	R 10 W 0a	R W	R 10 W 0a	R 9 W 0a	R W
16 CHEST - Military Push-Ups	R 20	R	R 20	R 20	R
Water Break (1:00)					
17 BACK - Closed Grip Overhand Pull-Ups	R 6/8a	R	R 9/0a	R 5/5a	R
18 CHEST - Wide Fly Push-Ups	R 30	R	R 30	R 30	R
19 BACK - Heavy Pants	R 12 W 35	R W	R W	R 12 W 30	R W
20 CHEST - Decline Push-Ups	R 15	R	R 15	R 15	R
Water Break (0:37)					
21 BACK - Lawnmowers	R 15 W 37.5	R W	R W	R 15 W 35	R W
22 CHEST - Diamond Push-Ups	R 20	R	R 20	R 20	R
23 BACK - Back Flies	R 10 W 30	R W	R W	R 12 W 30	R W
24 CHEST - Dive-Bomber Push-Ups	R 15	R	R 10	R 15	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
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ROUND 2 (assist = 2 bands)



WORKSHEET • CHEST & BACK • DISC 1

DATE / WEEK	9/3/12	9/10/12	9/17/12	10/29/12	11/12/12
Warm-Up (2:30 + 6:30)					
01 CHEST - Standard Push-Ups	R 35	R 30	R 35	R 40	R 40
02 BACK - Wide Front Pull-Ups	R 8/0a	R 8/0a	R 10/0a	R 7*/0a	R 8*/0a
03 CHEST - Military Push-Ups	R 20	R 20	R 20	R 24	R 24
04 BACK - Reverse Grip Chin-Ups	R 10/0a	R 10/0a	R 10/0a	R 12/0a	R 12/0a
Water Break (0:49)					
05 CHEST - Wide Fly Push-Ups	R 20	R 20	R 20	R 24	R 30
06 BACK - Closed Grip Overhand Pull-Ups	R 5/5a	R 7/5a	R 7/5a	R 10/0a	R 10/0a
07 CHEST - Decline Push-Ups	R 15	R 15	R 20	R 20	R 20
08 BACK - Heavy Pants	R 12 _w 35	R 12 _w 35	R 12 _w 35	R 12 _w 35	R 12 _w 37.5
Water Break (0:47)					
09 CHEST - Diamond Push-Ups	R 15	R 15	R 20	R 21	R 22
10 BACK - Lawnmowers	R 12 _w 37.5	R 12 _w 37.5	R 12 _w 37.5	R 12 _w 37.5	R 15 _w 37.5
11 CHEST - Dive-Bomber Push-Ups	R 15	R 15	R 15	R 18	R 18
12 BACK - Back Flies	R 12 _w 30	R 12 _w 30	R 12 _w 30	R 15 _w 30↑	R 12 _w 35
Water Break (1:04)					
13 BACK - Wide Front Pull-Ups	R 10a	R 4/6a	R 4/8a	R 4*/8a	R 3*/9
14 CHEST - Standard Push-Ups	R 25	R 25	R 30	R 30	R 30
15 BACK - Reverse Grip Chin-Ups	R 4 _w 4a	R 6 _w 6a	R 5 _w 5a	R 5 _w 5a	R 5 _w 5a
16 CHEST - Military Push-Ups	R 15	R 20	R 20	R 20	R 25
Water Break (1:00)					
17 BACK - Closed Grip Overhand Pull-Ups	R 10a	R 10a	R 10a	R 12a	R 12a
18 CHEST - Wide Fly Push-Ups	R 20	R 20	R 25	R 30	R 30
19 BACK - Heavy Pants	R 10 _w 35	R 12 _w 35	R 12 _w 35	R 12 _w 35	R 12 _w 37.5
20 CHEST - Decline Push-Ups	R 15	R 15	R 20	R 20	R 25
Water Break (0:37)					
21 BACK - Lawnmowers	R 12 _w 37.5	R 12 _w 35	R 15 _w 37.5	R 15 _w 37.5	R 15 _w 37.5
22 CHEST - Diamond Push-Ups	R 15	R 15	R 20	R 20	R 22
23 BACK - Back Flies	R 12 _w 30	R 12 _w 30	R 12 _w 30	R 12 _w 35	R 12 _w 35
24 CHEST - Dive-Bomber Push-Ups	R 15	R 15	R 20	R 19	R 20
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 * nordic flex
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ROUND 3



WORKSHEET • CHEST & BACK • DISC 1

DATE / WEEK	3/4/13	3/11/13	3/18/13	4/29/13	5/15/13
Warm-Up (2:30 + 6:30)					
01 CHEST - Standard Push-Ups	R 40	R 40	R 40	R 50	R 50
02 BACK - Wide Front Pull-Ups	R 6*/16a	R 8*/10a	R 8/6a	R 9/8a	R 10/8a
03 CHEST - Military Push-Ups	R 24	R 24	R 24	R 24	R 25
04 BACK - Reverse Grip Chin-Ups	R 10/0a	R 10/0a	R 10/6a	R 9/6a	R 10/6a
Water Break (0:49)					
05 CHEST - Wide Fly Push-Ups	R 25	R 25	R 25	R 39	R 30
06 BACK - Closed Grip Overhand Pull-Ups	R 7/5a	R 6/6a	R 6/8a	R 6/8a	R 7/8a
07 CHEST - Decline Push-Ups	R 20	R 20	R 24	R 25	R 25
08 BACK - Heavy Pants	R 12 _w 35	R 12 _w 37.5	R 10 _w 40	R 12 _w 40	R 12 _w 40
Water Break (0:47)					
09 CHEST - Diamond Push-Ups	R 17	R 17	R 18	R 20	R 20
10 BACK - Lawnmowers	R 15 _w 37.5	R 15 _w 37.5	R 10 _w 40	R 10 _w 40	R 12 _w 40
11 CHEST - Dive-Bomber Push-Ups	R 18	R 18	R 18	R 20	R 20
12 BACK - Back Flies	R 12 _w 35	R 12 _w 35	R 12 _w 35	R 12 _w 35↑	R 10 _w 40
Water Break (1:04)					
13 BACK - Wide Front Pull-Ups	R 0/8a	R 3/7a	R 5/8a	R 4 1/2/8	R 5/8
14 CHEST - Standard Push-Ups	R 30	R 30	R 30	R 30	R 30
15 BACK - Reverse Grip Chin-Ups	R 3 _w 7a	R 4 _w 5a	R 5 _w 6a	R 6 _w 6a	R 7 _w 6a
16 CHEST - Military Push-Ups	R 20	R 20	R 20	R 20	R 20
Water Break (1:00)					
17 BACK - Closed Grip Overhand Pull-Ups	R 4/6a	R 4/6a	R 7/6a	R 6/5a	R 6/6a
18 CHEST - Wide Fly Push-Ups	R 22	R 25	R 30	R 30	R 30
19 BACK - Heavy Pants	R 10 _w 37.5	R 10 _w 37.5	R 15 _w 35	R 10 _w 40	R 12 _w 40
20 CHEST - Decline Push-Ups	R 20	R 18	R 20	R 20	R 20
Water Break (0:37)					
21 BACK - Lawnmowers	R 13 _w 37.5	R 13 _w 37.5	R 12 _w 40	R 12 _w 40	R 13 _w 40
22 CHEST - Diamond Push-Ups	R 14	R 15	R 20	R 20	R 20
23 BACK - Back Flies	R 12 _w 35	R 12 _w 35	R 12 _w 35	R 12 _w 35	R 10 _w 40
24 CHEST - Dive-Bomber Push-Ups	R 15	R 17	R 20	R 20	R 15 + 5
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 *Nordicflex

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