

ROUND 1



WORKSHEET • CHEST, SHOULDERS, & TRICEPS • DISC 9

DATE / WEEK 3/31/12 #5 4/7/12 #6 4/15/12 #7 5/5/12 #10 5/22/12 #12

Warm-Up [8:52]

01 CHEST - Slow-Motion 3-in-1 Push-Ups	R 12 + 5	R 12 + 16	R 12 + 12	R 12 + 15	R 12 + 15
02 SHOULDERS - In & Out Shoulder Flies	R 16 W 8	R 16 W 8	R 16 W 10	R 16 W 10 ↑	R 16 W 12
03 TRICEPS - Chair Dips	R 30	R 30	R 33	R 35	R 35
04 CHEST - Plange Push-Ups	R 12	R 13	R 15	R 16	R 17
05 SHOULDERS - Pike Presses	R 15	R 16	R 16	R 17	R 20
06 TRICEPS - Side Tri-Rises	RT 19 LT 19	RT 17 LT 17	RT 17 LT 17	RT 20 LT 20	RT 20 LT 20
07 CHEST - Floor Flies (Switch every 4 reps)	R 16	R 20	R 20	R 20	R 24
08 SHOULDERS - Scarecrows	R 15 W 10 ↑	R 15 W 12 ↑	R 14 W 15 ↑	R 9 W 20	R 10 W 20
09 TRICEPS - Overhead Triceps Extensions	R 12 W 15 ↑	R 10 W 20	R 10 W 20	R 10 W 20	R 12 W 20
10 CHEST - Two-Twitch Speed Push-Ups (4 Fast, 3 Slow)	R 12 13	R 13	R 15	R 16	R 18
11 SHOULDERS - Y-Presses	R 12 W 20	R 9 W 25	R 4 W 20	R 10 W 22.5	R 12 W 22.5
12 TRICEPS - Lying Triceps Extensions	R 7 W 20	R 12 W 15	R 11 W 15 ↑	R 8 W 20	R 9 W 20

Water Break (0:53)

13 CHEST - Side-to-Side Push-Ups	R 16	R 18	R 18	R 18	R 20
14 SHOULDERS - Pour Flies	R 10 W 8	R 12 W 8	R 9 W 10 ↑	R 10 W 10	R 10 W 10
15 TRICEPS - Side-Leaning Triceps Extensions	R 10 W 12	R 9 W 15	R 9 W 15	R 11 W 15 ↑	R 8 W 20
16 CHEST - One-Arm Push-Ups	RT 3 LT 3	RT 1 LT 1	RT 6K LT 6K	RT 7K LT 7K	RT 8K LT 8K
17 SHOULDERS - Weighted Circles (2 X 20 reps)	R 16 W 16	R 20 W 5	R 20 W 5	R 20 W 5	R 20 W 5
18 TRICEPS - Throw the Bomb	R 10 W 15	R 15 W 15 ↑	R 10 W 20	R 9 W 20	R 10 W 20
19 CHEST - Clap or Plyo Push-Ups	R 12	R 14	R 10	R 15	R 16
20 SHOULDERS - Slo-Mo Throws	R 8 W 10	R 8 W 10	R 8 W 10	R 8 W 10	R 9 W 10
21 TRICEPS - Front-to-Back Triceps Extensions	R 8 W 15	R 8 W 15	R 8 W 15	R 8 W 15	R 12 W 15
22 CHEST - One-Arm Balance Push-Ups	R 10	R 12	R 10	R 12	R 14
23 SHOULDERS - Fly-Row-Presses	R 8 W 15	R 10 W 15	R 8 W 15	R 8 W 15	R 10 W 15
24 TRICEPS - Dumbbell Cross-Body Blows	R 25 W 15 ↑	R 19 W 20 ↑	R 10 W 25	R 10 W 25	R 12 W 25

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



~~Row~~ SUMMER (1/2 workouts)



WORKSHEET • CHEST, SHOULDERS, & TRICEPS • DISC 9

DATE / WEEK	6/26/12	7/9/12	7/30/12	8/13/12	8/27/12
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Warm-Up (8:52)

01 CHEST - Slow-Motion 3-in-1 Push-Ups	R 12 + 15	R _____	R 12 + 15	R _____	R 12 + 15
02 SHOULDERS - In & Out Shoulder Flies	R 16 W 12	R _____ W _____	R 16 W 12	R _____ W _____	R 16 W 12
03 TRICEPS - Chair Dips	R 40	R _____	R 40	R _____	R 40
04 CHEST - Plange Push-Ups	R 20	R _____	R 15	R _____	R 15
05 SHOULDERS - Pike Presses	R 17	R _____	R 20	R _____	R 20
06 TRICEPS- Side Tri-Rises	RT 20 LT 20	RT _____ LT _____	RT 20 LT 20	RT _____ LT _____	RT 20 LT 20
07 CHEST - Floor Flies (Switch every 4 reps)	R 24	R _____	R 24	R _____	R 24
08 SHOULDERS - Scarecrows	R 12 W 20	R _____ W _____	R 10 W 20	R _____ W _____	R 10 W 20
09 TRICEPS - Overhead Triceps Extensions	R 12 W 20	R _____ W _____	R 10 W 20	R _____ W _____	R 12 W 20
10 CHEST - Two-Twitch Speed Push-Ups (4 Fast, 3 Slow)	R 18	R _____	R 17	R _____	R 18
11 SHOULDERS - Y-Presses	R 10 W 25	R _____ W _____	R 10 W 25	R _____ W _____	R 10 W 25
12 TRICEPS - Lying Triceps Extensions	R 10 W 20↑	R _____ W _____	R 6 W 25↓	R _____ W _____	R 10 W 20↑

Water Break (0:53)

13 CHEST - Side-to-Side Push-Ups	R _____	R 20	R _____	R 24	R _____
14 SHOULDERS - Pour Flies	R _____ W _____	R 10 W 10	R _____ W _____	R 10 W 10	R _____ W _____
15 TRICEPS - Side-Leaning Triceps Extensions	R _____ W _____	R 10 W 20	R _____ W _____	R 12 W 20	R _____ W _____
16 CHEST - One-Arm Push-Ups	RT _____ LT _____	RT 10 LT 10	RT _____ LT _____	RT 10 LT 10	RT _____ LT _____
17 SHOULDERS - Weighted Circles (2 X 20 reps)	R _____ W _____	R 20 W 5	R _____ W _____	R 20 W 5	R _____ W _____
18 TRICEPS - Throw the Bomb	R _____ W _____	R 10 W 20	R _____ W _____	R 12 W 20↑	R _____ W _____
19 CHEST - Clap or Plyo Push-Ups	R _____	R 20	R _____	R 24	R _____
20 SHOULDERS - Slo-Mo Throws	R _____ W _____	R 10 W 10	R _____ W _____	R 10 W 10	R _____ W _____
21 TRICEPS - Front-to-Back Triceps Extensions	R _____ W _____	R 12 W 20	R _____ W _____	R 12 W 20	R _____ W _____
22 CHEST - One-Arm Balance Push-Ups	R _____	R 20	R _____	R 20	R _____
23 SHOULDERS - Fly-Row-Presses	R _____ W _____	R 11 W 15	R _____ W _____	R 11 W 15	R _____ W _____
24 TRICEPS - Dumbbell Cross-Body Blows	R _____ W _____	R 15 W 20	R _____ W _____	R 15 W 20↑	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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ROUND 2



WORKSHEET • CHEST, SHOULDERS, & TRICEPS • DISC 9

DATE / WEEK	10/3/12	10/10/12	10/17/12	11/7/12	11/20/12
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Warm-Up (8:52)

01 CHEST - Slow-Motion 3-in-1 Push-Ups	R 12+15	R 12+15	R 12+15	R 12+15	R 12+15
02 SHOULDERS - In & Out Shoulder Flys	R 16 W 12	R 16 W 12	R 16 W 12	R 16 W 12	R 16 W 12
03 TRICEPS - Chair Dips	R 40	R 40	R 40	R 45	R 50
04 CHEST - Plange Push-Ups	R 20	R 20	R 20	R 20	R 20
05 SHOULDERS - Pike Presses	R 20	R 20	R 25	R 25	R 25
06 TRICEPS - Side Tri-Rises	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20
07 CHEST - Floor Flys (Switch every 4 reps)	R 24	R 24	R 24	R 24	R 24
08 SHOULDERS - Scarecrows	R 8 W 25	R 8 W 25	R 9 W 25	R 9 W 25	R 5 W 25
09 TRICEPS - Overhead Triceps Extensions	R 7 W 25↓	R 12 W 20	R 12 W 20↑	R 10 W 22.5	R 12 W 20
10 CHEST - Two-Twitch Speed Push-Ups (4 Fast, 3 Slow)	R 18	R 18	R 18	R 18 ↑	R 18
11 SHOULDERS - Y-Presses	R 10 W 25	R 12 W 25↑	R 8 W 30	R 9* W 30	R 12 W 25
12 TRICEPS - Lying Triceps Extensions	R 7 W 25↓	R 15 W 20	R 8 W 25	R 8 W 25	R 8 W 25↓

neck

Water Break (0:53)

13 CHEST - Side-to-Side Push-Ups	R 24	R 24	R 28	R 28	R 28
14 SHOULDERS - Four Flys (Hold)	R 10 W 10	R 12 W 12	R 12 W 12	R - W -	R 12 W 12
15 TRICEPS - Side-Leaning Triceps Extensions	R 8 W 20	R 8 W 20	R 10 W 20	R 10 W 20	R 10 W 20
16 CHEST - One-Arm Push-Ups	RT 10K LT 10K	RT 10K LT 10K	RT 10K LT 10K	RT 10K LT 10K	RT 12K LT 12K
17 SHOULDERS - Weighted Circles (2 X 20 reps)	R 20 W 5	R 20 W 5	R 20 W 5	R (15) W 5	R - W -
18 TRICEPS - Throw the Bomb	R 12 W 20↑	R 8 W 25	R 8 W 25	R 8 W 25	R 10 W 25
19 CHEST - Clap or Plyo Push-Ups	R 20 W 16	R 20	R 20	R 20	R 24
20 SHOULDERS - Slo-Mo Throws	R 9 W 10	R 10 W 10	R 10 W 10	R 10 W 10	R 10 W 10↑
21 TRICEPS - Front-to-Back Triceps Extensions	R 7 W 15	R 8 W 15	R 8 W 15	R 10 W 15	R 9 W 15
22 CHEST - One-Arm Balance Push-Ups	R 14	R 16	R 18	R 20	R 20
23 SHOULDERS - Fly-Row-Presses	R 10 W 15	R 10 W 15	R 10 W 15	R 10 W 15	R 16 W 15
24 TRICEPS - Dumbbell Cross-Body Blows	R 15 W 20	R 10 W 25	R 12 W 25↑	R 12 W 30↑	R 15 W 30↑

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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Round 3



WORKSHEET • CHEST, SHOULDERS, & TRICEPS • DISC 9

DATE / WEEK	4/1/13	4/8/13	4/14/13	5/5/13	5/20/13
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Warm-Up (8:52)

01 CHEST - Slow-Motion 3-in-1 Push-Ups	R 12 + 20	R 12 + 20	R 12 + 15↑	R 12 + 20	R 12 + 20
02 SHOULDERS - In & Out Shoulder Flys	R 16 W 12	R 16 W 12	R 16 W 12	R 16 W 12	R 16 W 12
03 TRICEPS - Chair Dips	R 40	R 35 + 10	R 50	R 50	R 50
04 CHEST - Plange Push-Ups	R 20	R 20	R 20	R 20	R 22
05 SHOULDERS - Pike Presses	R 25	R 20 + 10	R 20 + 10	R 20 + 8	R 25
06 TRICEPS - Side Tri-Rises	RT 15 LT 15	RT 15 LT 15	RT 15 LT 15	RT 15 LT 15	RT 20 LT 20
07 CHEST - Floor Flys (Switch every 4 reps)	R 24	R 24	R 24	R 24	R 24
08 SHOULDERS - Scarecrows	R 10 W 20	R 12 W 20	R 13 W 20	R 13 W 20	R 13 W 20
09 TRICEPS - Overhead Triceps Extensions	R 14 W 20	R 15 W 20↑	R 8 W 25	R 8 W 25	R 10 W 25
10 CHEST - Two-Twitch Speed Push-Ups (4 Fast, 3 Slow)	R 18	R 18 ↑	R 21	R 21	R 21
11 SHOULDERS - Y-Presses	R 9 W 30	R 10 W 30	R 8 W 30	R 10 W 30	R 12 W 30
12 TRICEPS - Lying Triceps Extensions	R 8 W 25	R 8 W 25	R 8 W 25 4 W 20	R 10 W 25	R 12 W 25

Water Break (0:53)

13 CHEST - Side-to-Side Push-Ups	R 26	R 26	R 23	R 26	R 26
14 SHOULDERS - Four Flys	R 9 W 20↓	R 10 W 15	R 10 W 15	R 12 W 15	R 12 W 15
15 TRICEPS - Side-Leaning Triceps Extensions	R 10 W 20	R 10 W 20	R 10 W 20	R 11 W 20	R 12 W 20
16 CHEST - One-Arm Push-Ups	RT 12K LT 12K	RT 12K LT 12K	RT 12K LT 12K	RT 12K LT 12K	RT 12K LT 12K
17 SHOULDERS - Weighted Circles (2 X 20 reps)	R 20 W 5	R 20 W 5	R 20 W 5	R 20 W 5	R 20 W 5
18 TRICEPS - Throw the Bomb	R 10 W 25	R 10 W 25	R 10 W 25	R 12 ⁴ W 25	R 12 W 25
19 CHEST - Clap or Plyo Push-Ups	R 20	R 20	R 20	R 15 + 4	R 20
20 SHOULDERS - Slo-Mo Throws	R 8 W 12	R 8 W 12	R 6 W 12 4 W 10	R 6 W 12 ⁴ 6 W 10	R 9 W 12
21 TRICEPS - Front-to-Back Triceps Extensions	R 9 W 15	R 9 W 15	R 9 W 15	R 9 W 15	R 9 W 15
22 CHEST - One-Arm Balance Push-Ups	R 20	R 20	R 20	R 15 + 5	R 20
23 SHOULDERS - Fly-Row-Presses	R 10 W 15	R 10 W 15↑	R 10 W 17.5	R 10 W 17.5	R 9 W 20
24 TRICEPS - Dumbbell Cross-Body Blows	R 14 W 30	R 14 W 30	R 14 W 30	R 8 W 35	R 10 W 35

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

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