

ROUND 1

Ⓢ = chair



WORKSHEET • LEGS & BACK • DISC 5

DATE / WEEK 3/8/12 1 3/15/12 2 3/22/12 3 4/4/12 #5 4/11/12 #6

Warm-Up (2:27 + 7:34)

01 LEGS - Balanced Lunges	RT 10 LT 10	RT 10 LT 10	RT 20 LT 20	RT 20 LT 20	RT 23 LT 23
02 LEGS - Calf-Raise Squats	R 20 W 15	R 25 W 20	R 25 W 20	R 25 W 20	R 25 W 20
03 BACK - Reverse Grip Chin-Ups	R 12c	R 3 / 8c	R 3 / 10c	R 5 / 5c	R 6 / 6c
04 LEGS - Super Skaters	RT 15 LT 20	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25
05 LEGS - Wall Squats	R 90 sec	R 90 sec	R 90 sec	R 90 sec	R 90 sec
06 BACK - Wide Front Pull-Ups	R 12c	R 12c	R 15 N	R 2 / 10c	R 2 / 10c
07 LEGS - Step Back Lunge	R 12 W 15	R 15 W 20	R 15 W 20	R 15 W 20	R 15 W 20
08 LEGS - Alternating Side Lunge	R 20 W 15	R 15 W 20	R 24 W 15	R 24 W 20	R 24 W 20
09 BACK - Closed Grip Overhead Pull-Ups	R 8	R 12c	R 12c	R 12c	R 2 / 10c
10 LEGS - Single-Leg Wall Squat	R 30 sec	R 60 sec	R 60 sec	R 60 sec	R 60 sec
11 LEGS - Deadlift Squats	RT 17 LT 17	RT 18 LT 18	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20
12 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R 12c	R 12c	R 12c	R 4 / 10c	R 4 / 10c

Water Break (2:00)

13 LEGS - Three-Way Lunge	RT 5 LT 5	RT 5 LT 5	RT 5 LT 5	RT 5 LT 5	RT 5 LT 5
14 LEGS - Sneaky Lunge	R 20	R 20	R 20	R 20	R 20
15 BACK - Reverse Grip Chin-Ups	R 12c	R 1 10c	R 2 10c	R 3 / 10c	R 4 / 10c
16 LEGS - Chair Salutations	R 60 sec	R 60 sec	R 60 sec	R 60 sec	R 60 sec
17 LEGS - Toe-Roll Iso Lunge	R 20 W 20	R 20 W 20	R 20 W 20	R 20 W 20	R 20 W 20
18 BACK - Wide Front Pull-Ups	R 10c	R 12c	R 15 N	R 12c	R 12c
19 LEGS - Groucho Walk	R 45 sec	R 45 sec	R 45 sec	R 45 sec	R 45 sec
Toes Out	R 25 W 15	R 25 W 15	R 25 W 15	R 25 W 20	R 25 W 20
20 LEGS - Calf Raises Feet Parallel	R 25 W 15	R 25 W 15	R 25 W 15	R 25 W 20	R ↓ W ↓
Toes In	R 25 W 15	R 25 W 15	R 25 W 15	R 25 W 20	R ↓ W ↓
21 BACK - Closed Grip Overhand Pull-Ups	R 10c	R 12c	R 12c	R 12c	R 15c
22 LEGS - 80/20 Siebers-Speed Squats	RT 25 LT 30	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30
23 BACK - Switch Grip Pull-Ups	R 12c	R 12c	R 1 / 11c	R 2 / 10c	R 2 / 10c

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 1

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a = assist = 3 bands



WORKSHEET • LEGS & BACK • DISC 5

DATE / WEEK 4/19/12 #7 5/2/12 #9 5/9/12 #10 5/16/12 #11 5/26/12 #12

Warm-Up (2:27 + 7:34)

01 LEGS - Balanced Lunges	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25
02 LEGS - Calf-Raise Squats	R 25 W 20	R 25 W 20	R 25 W 20	R 25 W 20	R 25 W 20
03 BACK - Reverse Grip Chin-Ups	R 7/7a	R 8/6a	R 10/0a	R 10/0a	R 11/0a
04 LEGS - Super Skaters	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25
05 LEGS - Wall Squats	R 90 sec	R 90 sec	R 90 sec	R 90 sec	R 90 sec
06 BACK - Wide Front Pull-Ups	R 15 n	R 2/10a	R 5/7a	R 5/8a	R 6/8a
07 LEGS - Step Back Lunge	R 15 W 20	R 15 W 20	R 15 W 20	R 15 W 20	R 15 W 20
08 LEGS - Alternating Side Lunge	R 24 W 20	R 24 W 20	R 24 W 20	R 24 W 20	R 24 W 20
09 BACK - Closed Grip Overhead Pull-Ups	R 4/6a	R 4/7a	R 6/5a	R 6/6a	R 6/6a
10 LEGS - Single-Leg Wall Squat	R 60 sec	R 60 sec	R 60 sec	R 60 sec	R 60 sec
11 LEGS - Deadlift Squats	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20
12 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R 5/7a	R 4/8a	R 8/6a	R 8/6a	R 8/8a

Water Break (2:00)

13 LEGS - Three-Way Lunge	RT 5 LT 5	RT 5 LT 5	RT 5 LT 5	RT 5 LT 5	RT 5 LT 5
14 LEGS - Sneaky Lunge	R 20	R 20	R 20	R 20	R 20
15 BACK - Reverse Grip Chin-Ups	R 6/5a	R 7/5a	R 6/8a	R 8/6a	R 7/8a
16 LEGS - Chair Salutations	R 60 sec	R 60 sec	R 60 sec	R 60 sec	R 60 sec
17 LEGS - Toe-Roll Iso Lunge	R 20 W 0	R 20 W 0	R 20 W 0	R 20 W 0	R 20 W 0
18 BACK - Wide Front Pull-Ups	R 15 n	R 15 n	R 15 n	R 4/10a	R 4/10a
19 LEGS - Groucho Walk	R 45 sec	R 45 sec	R 45 sec	R 45 sec	R 45 sec
20 LEGS - Calf Raises	Toes Out R 25 W 20	Toes Out R 25 W 20	Toes Out R 25 W 20	Toes Out R 25 W 20	Toes Out R 25 W 20
	Toes In R ↓ W ↓	Toes In R ↓ W ↓	Toes In R ↓ W ↓	Toes In R ↓ W ↓	Toes In R ↓ W ↓
21 BACK - Closed Grip Overhand Pull-Ups	R 4/6a	R 4/6a	R 5/5a	R 5/6a	R 7/8a
22 LEGS - 80/20 Siebers-Speed Squats	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30
23 BACK - Switch Grip Pull-Ups	R 4/6a	R 4/8a	R 4/10a	R 4/12a	R 6/10a

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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SUMMER (1/2 workouts)



WORKSHEET • LEGS & BACK • DISC 5

DATE / WEEK 6/22/12 6/29/12 8/17/12 8/24/12 8/31/12

Warm-Up (2:27 + 7:34)

01 LEGS - Balanced Lunges	RT 25 LT 25	RT _____ LT _____	RT 25 LT 25	RT _____ LT _____	RT 25 LT 25
02 LEGS - Calf-Raise Squats	R 25 W 20	R _____ W _____	R 25 W 20	R _____ W _____	R 25 W 20
03 BACK - Reverse Grip Chin-Ups	R 12 / 0a	R _____	R 12 / 0a	R _____	R 12 / 0a
04 LEGS - Super Skaters	RT 25 LT 25	RT _____ LT _____	RT 25 LT 25	RT _____ LT _____	RT 25 LT 25
05 LEGS - Wall Squats	R 90 sec	R _____ sec	R 90 sec	R _____ sec	R 90 sec
06 BACK - Wide Front Pull-Ups	R 7 / 10a	R _____	R 10 / 0a	R _____	R 10 / 0a
07 LEGS - Step Back Lunge	R 15 W 20	R _____ W _____	R 15 W 20	R _____ W _____	R 15 W 20
08 LEGS - Alternating Side Lunge	R 24 W 20	R _____ W _____	R 24 W 20	R _____ W _____	R 24 W 20
09 BACK - Closed Grip Overhead Pull-Ups	R 6 / 8a	R _____	R 8 / 0a	R _____	R 9 / 0a
10 LEGS - Single-Leg Wall Squat	R 60 sec	R _____ sec	R 60 sec	R _____ sec	R 60 sec
11 LEGS - Deadlift Squats	RT 20 LT 20	RT _____ LT _____	RT 20 LT 20	RT _____ LT _____	RT 20 LT 20
12 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R 8 / 8a	R _____	R 10 / 8a	R _____	R 8 / 8a

Water Break (2:00)

13 LEGS - Three-Way Lunge	RT 5 LT 5	RT 5 LT 5	RT _____ LT _____	RT 5 LT 5	RT _____ LT _____
14 LEGS - Sneaky Lunge	R 20	R 20	R _____	R 20	R _____
15 BACK - Reverse Grip Chin-Ups	R 4	R 14	R _____	R 14	R _____
16 LEGS - Chair Salutations	R _____ sec	R 60 sec	R _____ sec	R 60 sec	R _____ sec
17 LEGS - Toe-Roll Iso Lunge	R _____ W _____	R 20 W 0	R _____ W _____	R 20 W 0	R _____ W _____
18 BACK - Wide Front Pull-Ups	R _____	R 8 / 10a	R _____	R 8 / 7 (bands)	R _____
19 LEGS - Groucho Walk	R _____ sec	R 45 sec	R _____ sec	R 45 sec	R _____ sec
Toes Out	R _____ W _____	R 25 W 25	R _____ W _____	R 15 W 25	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 10	R _____	R 10	R _____
22 LEGS - 80/20 Siebers-Speed Squats	RT _____ LT _____	RT 30 LT 30	RT _____ LT _____	RT 30 LT 30	RT _____ LT _____
23 BACK - Switch Grip Pull-Ups	R _____	R 12	R _____	R 9	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®.

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ROUND 2 (assist = 2 bands) (INSANITY HYBRID)



WORKSHEET • LEGS & BACK • DISC 5

DATE / WEEK	9/7/12	9/14/12	9/21/12	10/5/12	10/19/12
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Warm-Up (2:27 + 7:34)

01 LEGS - Balanced Lunges	RT 25 LT 25	RT _____ LT _____	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25
02 LEGS - Calf-Raise Squats	R 25 W 20	R _____ W _____	R 25 W 20	R 25 W 20	R 25 W 20
03 BACK - Reverse Grip Chin-Ups	R 10 / 0a	R _____	R 12 / 0a	R 15 / 0a	R 16 / 0a
04 LEGS - Super Skaters	RT 25 LT 25	RT _____ LT _____	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25
05 LEGS - Wall Squats	R 90 sec	R _____ sec	R 90 sec	R 90 sec	R 90 sec
06 BACK - Wide Front Pull-Ups	R 10 / 0a	R _____	R 11 / 0a	R 9 / 0a*	R 9 / 0a*
07 LEGS - Step Back Lunge	R 15 W 20	R _____	R 15 W 20	R 15 W 20	R 15 W 20
08 LEGS - Alternating Side Lunge	R 24 W 20	R _____	R 24 W 20	R 24 W 20	R 24 W 20
09 BACK - Closed Grip Overhead Pull-Ups	R 8 / 0a	R _____	R 8 / 0a	R 10 / 0a	R 12 / 0a
10 LEGS - Single-Leg Wall Squat	R 60 sec	R _____ sec	R 60 sec	R 60 sec	R 60 sec
11 LEGS - Deadlift Squats	RT 20 LT 20	RT _____ LT _____	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20
12 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R 10 / 6a	R _____	R 10 / 6a	R 12 / 0a	R 12 / 0a

Water Break (2:00)

13 LEGS - Three-Way Lunge	RT 5 LT 5	RT _____ LT _____	RT 5 LT 5	RT _____ LT _____	RT _____ LT _____
14 LEGS - Sneaky Lunge	R 22	R _____	R 22	R _____	R 22
15 BACK - Reverse Grip Chin-Ups	R 10	R _____	R 12	R 10	R 12
16 LEGS - Chair Salutations	R 60 sec	R _____ sec	R 60 sec	R 60 sec	R 60 sec
17 LEGS - Toe-Roll Iso Lunge	R 20 W 0	R _____ W _____	R 20 W 0	R 20 W 0	R 20 W 0
18 BACK - Wide Front Pull-Ups	R 8 / 6a	R _____	R 10 / 0a	R 5* / 8a	R 5* / 10a
19 LEGS - Groucho Walk	R 45 sec	R _____ sec	R 45 sec	R 45 sec	R 45 sec
20 LEGS - Calf Raises	Toes Out R 15 W 25	R _____ W _____	R 15 W 25	R 15 W 25	R 15 W 25
	Toes In R ↓ W ↓	R _____ W _____	R ↓ W ↓	R ↓ W ↓	R ↓ W ↓
21 BACK - Closed Grip Overhand Pull-Ups	R 6 / 6a	R _____	R 10 / 0a	R 10 / 0a	R 10 / 0a
22 LEGS - 80/20 Siebers-Speed Squats	RT 30 LT 30	RT _____ LT _____	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30
23 BACK - Switch Grip Pull-Ups	R 9 / 0a	R _____	R 10 / 0a	R _____	R 10 / 0a

Cool Down (4:18)

R: reps W: weight

RT: right LT: left

*Nordicflex

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 • LEGS & BACK • DISC 5

DATE / WEEK	3/8/13 (1)	3/15/13	3/22/13	4/6/13	4/12/13
Warm-Up (2:27 + 7:34)					
01 LEGS - Balanced Lunges	RT 25 LT 25	RT 25 LT 25	RT 25 LT 10/65	RT 25 LT 10/65	RT 25 LT 20
02 LEGS - Calf-Raise Squats	R 25 W 20	R 25 W 20	R 25 W 20	R 25 W 20	R 25 W 20
03 BACK - Reverse Grip Chin-Ups	R 16/0a	R 16/0a	R 18/0a	R 12/0a	R 12/0a
04 LEGS - Super Skaters	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25
05 LEGS - Wall Squats	R 90 sec	R 90 sec	R 90 sec	R 90 sec	R 90 sec
06 BACK - Wide Front Pull-Ups	R 6/8a	R 7/8a	R 9/0a	R 6/8	R 7/10a
07 LEGS - Step Back Lunge	R 15 W 20	R 15 W 20	R 15 W 20	R 15 W 20	R 15 W 20
08 LEGS - Alternating Side Lunge <i>WOOD CHOP</i>	R 24 W 20	R 20 W 20	R 20 W 20	R 20 W 20	R 24 W 20
09 BACK - Closed Grip Overhead Pull-Ups	R 7/7a	R 10/0a	R 12/0a	R 8/8	R 8/6a
10 LEGS - Single-Leg Wall Squat	R 60 sec	R 60 sec	R 60 sec	R 60 sec	R 60 sec
11 LEGS - Deadlift Squats	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20
12 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R 8/6a	R 12/0a	R 12/0	R 8/4	R 10/6a
Water Break (2:00)					
13 LEGS - Three-Way Lunge	RT 5 LT 5	RT - LT -	RT - LT -	RT - LT -	RT - LT -
14 LEGS - Sneaky Lunge	R 24	R 24	R 24	R 24	R 26(22)
15 BACK - Reverse Grip Chin-Ups	R 10	R 10	R 11	R 8/4a	R 8/4a
16 LEGS - Chair Salutations	R 60 sec	R 60 sec	R 60 sec	R 60 sec	R 60 sec
17 LEGS - Toe-Roll Iso Lunge	R - W -	R - W -	R - W -	R - W -	R - W -
18 BACK - Wide Front Pull-Ups	R 5/5a	R 5/7a	R 5/8a	R 4/8a	R 3/10a
19 LEGS - Groucho Walk	R 45 sec	R 45 sec	R 45 sec	R 45 sec	R 45 sec
20 LEGS - Calf Raises	RT 15 LT 20	RT 15 LT 20+5	RT 15 LT 25	RT 15 LT 25	RT 15 LT 25
Toes Out	R 15 W 20	R 15 W 20+5	R 15 W 25	R 15 W 25	R 15 W 25
Toes In	R ↓ W ↓	R ↓ W ↓	R ↓ W ↓	R ↓ W ↓	R ↓ W ↓
21 BACK - Closed Grip Overhand Pull-Ups	R 8/0a	R 9 1/2	R 10	R 5/7	R 7/6a
22 LEGS - 80/20 Siebers-Speed Squats	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30
23 BACK - Switch Grip Pull-Ups	R 8/4a	R 8/8a	R 8/8a	R 6/6a	R 6/6a
Cool Down (4:18)					

AW 5/6 ankle

- 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 • LEGS & BACK • DISC 5

DATE / WEEK	4/18/13	5/3/13	5/9/13	5/18/13	5/24/13
Warm-Up (2:27 + 7:34)					
01 LEGS - Balanced Lunges	AW RT 25 LT 10	AW RT 25 LT 10	AW RT 25 LT 10	RT 25 LT 12#	RT 25 LT 12#
02 LEGS - Calf-Raise Squats	R 25 W 20	R 25 W 20	R 25 W 20	R 25 W 22.5	R 25 W 22.5
03 BACK - Reverse Grip Chin-Ups	F 13 / 0a	R 14 / 0a	R 15 / 0a	R 20 / 0a	R 20 / 0a
04 LEGS - Super Skaters	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25
05 LEGS - Wall Squats	R 90 sec	R 90 sec	R 90 sec	R 90+5# sec	R 90+5# sec
06 BACK - Wide Front Pull-Ups	R 8 / 10a	R 7 / 10a	R 7 / 11a	R 12 / 0a	R 12 / 0a
07 LEGS - Step Back Lunge	R 15 W 20	R 15 W 20	R 15 W 20	R 15 W 22.5	R 15 W 22.5
08 LEGS - ^{WOOD chop} Alternating Side Lunge	R 24 W 20	R 24 W 20	R 24 W 20	R 24 W 20	R 24 W 20
09 BACK - Closed Grip Overhead Pull-Ups	R 8 / 6a	R 8 / 6a	R 10 / 8a	R 12 / 0a	R 12 / 0a
10 LEGS - Single-Leg Wall Squat	R 60 sec	R 60 sec	R 60 sec	R 60+5# sec	R 60+5# sec
11 LEGS - Deadlift Squats	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20	RT 20 LT 20
12 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R 10 / 6a	R 10 / 6a	R 10 / 4a	R 14 / 0a	R 14 / 0a
Water Break (2:00)					
13 LEGS - Three-Way Lunge	AW RT LT	AW RT LT	RT LT	RT LT	RT LT
14 LEGS - Sneaky Lunge	R 22	R 22	R 22	R 22	R 22
15 BACK - Reverse Grip Chin-Ups	R 8 / 8a	R 8 / 6a	R 9 / 6a	R 15 / 0a	R 16 / 0a
16 LEGS - Chair Salutations	R 60 sec	R 60 sec	R 60 sec	R 60 sec	R 60 sec
17 LEGS - Toe-Roll Lunge	R W	R W	R W	R W	R W
18 BACK - Wide Front Pull-Ups	R 4 / 10a	R 5 / 10a	R 6 / 8a	R 11 / 0a	R 11 / 0a
19 LEGS - Groucho Walk	R 45 sec	R 45 sec	R 45 sec	R 45+5# sec	R 45+5# sec
Toes Out	R 15 W 25	R 15 W 25	R 15 W 25	R 15 W 25	R 15 W 25
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 7 / 7a	R 7 / 7a	R 8 / 8a	R 10 / 0a	R 12 / 0a
22 LEGS - 80/20 Siebers-Speed Squats	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30	RT 30 LT 30+5#	RT 30 LT 30+5#
23 BACK - Switch Grip Pull-Ups	R 6 / 6a	R 8 / 6a	R 8 / 6a	R 12 / 0a	R 12 / 0a
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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