

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)						

SUMMER →

- 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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Summer



WORKSHEET • SHOULDERS & ARMS • DISC 3

DATE / WEEK	3/6/12 1	3/13/12 2	3/20/12 3	4/30/12 #9	5/14/12 #11	6/7/12
Warm-Up (2:46 + 7:23)						
01 SHOULDERS - Alternating Shoulder Presses	R 15 W 15	R 12 W 20	R 10 W 25	R 10 W 25↑	R 10 W 30	12/30
02 BICEPS - In & Out Bicep Curls	R W	R 12 W 20	R 16 W 20	R 16 W 20	R 14 W 20	16/20
03 TRICEPS - Two-Arm Triceps Kickback	R 12 W 12	R 12 W 15	R 10 W 20	R 12 W 20↑	R 8 W 25	10/25
04 SHOULDERS - Alternating Shoulder Presses	R 15 W 15	R 12 W 20	R 10 W 25	R 10 W 30	R 10 W 30	
05 BICEPS - In & Out Bicep Curls	R 12 W 15	R 16 W 15	R 16 W 15	R 16 W 20	R 16 W 20	
06 TRICEPS - Two-Arm Triceps Kickback	R 12 W 12	R 12 W 15	R 10 W 20	R 10 W 20	R 8 W 25	
Ballistic Stretch (0:30)						
07 SHOULDERS - Deep Swimmer's Presses	R 10 W 15	R 16 W 20	R 16 W 20	R 10 W 20↑	R 8 W 25	10/25
08 BICEPS - Full Supination Concentration Curls	R 12 W 15	R 10 W 15	R 10 W 15	R 10 W 20↑	R 8 W 25	8/25
09 TRICEPS - Chair Dips	R 19	R 22	R 25	R 30	R 35	40
10 SHOULDERS - Deep Swimmer's Presses	R 14 W 15	R 10 W 20	R 10 W 20	R 8 W 25	R 8 W 25	
11 BICEPS - Full Supination Concentration Curls	R 12 W 15	R 12 W 15	R 10 W 20	R 8 W 25	R 8 W 25	
12 TRICEPS - Chair Dips	R 20	R 25	R 30	R 30	R 35	
Ballistic Stretch (0:30)						
13 SHOULDERS - Upright Rows	R 13 W 20	R 10 W 25	R 10 W 25	R 10 W 30	R 10 W 30	10/30
14 BICEPS - Static Arm Curls	R 16 W 12	R 16 W 12	R 16 W 15	R 16 W 20	R 16 W 20	16/20
15 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R 8 W 8	R 8 W 8	R 10 W 8	R 10 W 8↑	R 10 W 10	10/10
16 SHOULDERS - Upright Rows	R 13 W 20	R 10 W 25	R 10 W 25	R 8 W 30	R 9 W 30	
17 BICEPS - Static Arm Curls	R 16 W 12	R 16 W 12	R 16 W 12	R 16 W 15	R 16 W 20	
18 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R 8 W 8	R 15 W 8	R 8 W 8	R 8 W 10	R 10 W 10	
Ballistic Stretch (0:34)						
19 SHOULDERS - Seated Two-Angle Shoulder Flys	R 16 W 12	R 16 W 12↓	R 16 W 10	R 16 W 10↑	R 16 W 12	16/12↑
20 BICEPS - Crouching Cohen Curls	R 12 W 12	R 11 W 15	R 8 W 20	R 10 W 20	R 10 W 20	14/20
21 TRICEPS - Lying-Down Triceps Extensions	R 17 W 15	R 11 W 20	R 13 W 20	R 8 W 25	R 10 W 25	10/25
22 SHOULDERS - Seated Two-Angle Shoulder Flys	R 16 W 12	R 16 W 10	R 16 W 10	R 16 W 10↑	R 16 W 12	
23 BICEPS - Crouching Cohen Curls	R 15 W 12	R 11 W 15	R 8 W 20	R 10 W 20	R 10 W 20	
24 TRICEPS - Lying-Down Triceps Extensions	R 17 W 15	R 12 W 20	R 12 W 20	R 8 W 25	R 10 W 25	
Ballistic Stretch (0:38)						
25 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R 12 W 8↑	R 16 W 10	R 16 W 10	R 16 W 10↑	R 16 W 12	16/12
26 BICEPS - Congdon Curls	R 12 W 15	R 7 W 20	R 10 W 20	R 12 W 20	R 10 W 25	10/25
27 TRICEPS - Side Tri-Rises	RT 15 LT 15	RT 15 LT 15	RT 20 LT 20	RT 25 LT 25	RT 25 LT 25	30/30
28 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R 16 W 10	R 16 W 8	R 16 W 8	R 16 W 12	R 16 W 12	
29 BICEPS - Congdon Curls	R 10 W 15	R 12 W 15	R 8 W 20	R 10 W 20	R 9 W 25	
30 TRICEPS - Side Tri-Rises	RT 16 LT 16	RT 20 LT 20	RT 24 LT 24	RT 20 LT 20	RT 22 LT 22	
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®.

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Summer ↑

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 22 W 15	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

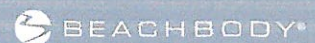
DATE / WEEK	4/19/12 #7	5/2/12 #9	5/9/12 #10	5/16/12 #11	5/26/12 #12
Warm-Up (2:27 + 7:34)					
01 LEGS - Balanced Lunges	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25
02 LEGS - Calf-Raise Squats	R 25 W 20	R 25 W 20	R 25 W 20	R 25 W 20	R 25 W 20
03 BACK - Reverse Grip Chin-Ups	R 7/7a	R 8/6a	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
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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 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 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®.

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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
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6/14/12

7/10a

29/25

10/35

10/25

10/35

10/22

4/11a

7/22.5

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10/25

10a

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SUMMER ↑