

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
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

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(neck)



WORKSHEET • SHOULDERS & ARMS • DISC 3

DATE / WEEK	9/5/12	9/12/12	9/19/12	10/31/12	11/13/12
Warm-Up (2:46 + 7:23)					
01 SHOULDERS - Alternating Shoulder Presses	R 8 W 35	R 9 W 35	R 10 W 35	R 10 W 35	R 10 W 35
02 BICEPS - In & Out Bicep Curls	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20
03 TRICEPS - Two-Arm Triceps Kickback	R 10 W 25	R 12 W 25	R 12 W 25	R 12 W 25	R 12 W 25
04 SHOULDERS - Alternating Shoulder Presses	R 8 W 35	R 9 W 35	R 9 1/2 W 35	R 12 W 30	R 9 W 35
05 BICEPS - In & Out Bicep Curls	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20
06 TRICEPS - Two-Arm Triceps Kickback	R 10 W 25	R 12 W 25	R 12 W 25↑	R 12 W 25↑	R 12 W 25
Ballistic Stretch (0:30)					
07 SHOULDERS - Deep Swimmer's Presses	R 8 W 25	R 8 W 25	R 8 W 25	R 8 W 25	R 8 W 25
08 BICEPS - Full Supination Concentration Curls	R 6 W 30↓	R 8 W 25	R 8 W 25	R 8 W 25	R 8 W 25
09 TRICEPS - Chair Dips	R 40	R 40	R 40	R 40 ↑	R 45
10 SHOULDERS - Deep Swimmer's Presses	R 8 W 25	R 8 W 25	R 8 W 25	R 8 W 25	R 8 W 25
11 BICEPS - Full Supination Concentration Curls	R 8 W 25	R 10 W 25	R 10 W 25	R 10 W 25	R 10 W 25
12 TRICEPS - Chair Dips	R 30	R 30	R 40	R 45	R 45
Ballistic Stretch (0:30)					
13 SHOULDERS - Upright Rows	R 8 W 35	R 8 W 35	R 10 W 35	R 8 W 35	R 10 W 35
14 BICEPS - Static Arm Curls	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20
15 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R 10 W 12	R 10 W 12	R 10 W 12↑	R 8 W 15	R 8 W 15
16 SHOULDERS - Upright Rows	R 8 W 30	R 10 W 30	R 8 W 35	R 8 W 30	R 8 W 35
17 BICEPS - Static Arm Curls	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20
18 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R 10 W 12	R 10 W 12	R 10 W 12	R 8 W 15	R 8 W 15
Ballistic Stretch (0:34)					
19 SHOULDERS - Seated Two-Angle Shoulder Flys	R 16 W 15	R 16 W 15	R 16 W 15	R 16 W 15	R 16 W 15
20 BICEPS - Crouching Cohen Curls <i>std.</i>	R 10 W 20	R 8 W 25	R 10 W 25	R 8 W 25	R 10 W 25
21 TRICEPS - Lying-Down Triceps Extensions	R 11 W 25	R 12 W 25	R 15 W 25↑	R 8 W 30	R 8 W 30
22 SHOULDERS - Seated Two-Angle Shoulder Flys	R 16 W 12	R 16 W 15	R 16 W 15	R 16 W 15	R 16 W 15
23 BICEPS - Crouching Cohen Curls <i>std.</i>	R 12 W 20	R 10 W 25	R 10 W 25	R 10 W 25	R 10 W 25
24 TRICEPS - Lying-Down Triceps Extensions	R 10 W 25	R 12 W 25	R 12 W 25	R 12 W 25	R 7 W 30
Ballistic Stretch (0:38)					
25 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R 16 W 12	R 16 W 12	R 16 W 12	R - W -	R 16 W 12
26 BICEPS - Congdon Curls	R 7 W 25	R 8 W 25	R 7 W 25	R 9 W 25	R 9 W 25
27 TRICEPS - Side Tri-Rises	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT 30 LT 30	RT 30 LT 30
28 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R 16 W 12	R 16 W 12	R 16 W 12	R - W -	R 16 W 12
29 BICEPS - Congdon Curls	R 9 W 25	R 8 W 25	R 8 W 25	R 10 W 25	R 10 W 25
30 TRICEPS - Side Tri-Rises	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25	RT - LT -	RT - LT -
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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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

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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 10	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

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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 15 W 37.5	R 7*/0a 15 W 37.5	R 9*/0a 15 W 37.5	R 11*/0a 15 W 37.5	R 11*/0a 15 W 37.5
02 BACK - Lawnmowers	R 21 W 20	R 21 W 20	R 21 W 20	R 21 W 20	R 21 W 20↑
03 BICEPS - Twenty-Ones	R 16 W 20	R 12 W 20↑	R 8 W 25	R 9 W 25	R 6 W 30 4 W 25
04 BICEPS - One-Arm Cross-Body Curls	R 8/4a	R 6/6a	R 6/6a	R 6/6a	R 6/6a
05 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R 10 W 35	R 12 W 35	R 10 W 37.5	R 12 W 37.5	R 12 W 37.5
06 BACK - Elbows-Out Lawnmowers	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
07 BICEPS - Standing Bicep Curls	R 8 W 20	R 8 W 20	R 8 W 20	R 8 W 20	R 8 W 20
08 BICEPS - One-Arm Concentration Curls	R 7a	R 6a	R 7a	R 7a	R 7a
09 BACK - Corn Cob Pull-Ups	R 10 W 30	R 12 W 30	R 13 W 30	R 12 W 32.5	R 12 W 32.5
10 BACK - Reverse Grip Bent-Over Rows	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
11 BICEPS - Open-Arm Curls	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20
12 BICEPS - Static-Arm Curls	Water Break (0:42)				

Water Break (0:42)

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