

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

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 • SHOULDERS & ARMS • DISC 3

DATE / WEEK	3/3/13 (1)	3/13/13	3/20/13	5/1/13	5/16/13
Warm-Up (2:46 + 7:23)					
01 SHOULDERS - Alternating Shoulder Presses	R 12 W 35	R 12 W 35	R 8 W 40	R 8 W 40	R 10 W 40
02 BICEPS - In & Out Bicep Curls	R 16 W 25	R 16 W 25	R 16 W 25	R 16 W 25	R 16 W 25
03 TRICEPS - Two-Arm Triceps Kickback	R 12 W 25	R 12 W 25	R 12 W 25	R 12 W 25	R 12 W 25
04 SHOULDERS - Alternating Shoulder Presses	R 10 W 35	R 10 W 35	R 7 W 40	R 10 W 35	R 8 W 40
05 BICEPS - In & Out Bicep Curls	R 16 W 25	R 14 W 25	R 16 W 25	R 16 W 25	R 16 W 25
06 TRICEPS - Two-Arm Triceps Kickback	R 12 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 10 W 25 ↑	R 8 W 30	R 8 W 30	R 8 W 30	R 8 W 30
08 BICEPS - Full Supination Concentration Curls	R 8 W 30	R 8 W 30	R 8 W 30	R 8 W 30	R 8 W 30
09 TRICEPS - Chair Dips	R 45	R 50	R 50	R 50	R 50
10 SHOULDERS - Deep Swimmer's Presses	R 10 W 25	R 8 W 30	R 8 W 30	R 8 W 30	R 8 W 30
11 BICEPS - Full Supination Concentration Curls	R 8 W 30	R 7 W 30	R 8 W 30	R 8 W 30	R 8 W 30
12 TRICEPS - Chair Dips	R 40	R 40	R 30 ↑	R 30 + 10	R 40
Ballistic Stretch (0:30)					
13 SHOULDERS - Upright Rows	R 10 W 35	R 10 W 35	R 10 W 35	R 10 W 35	R 12 W 35
14 BICEPS - Static Arm Curls	R 16 W 25 ↓	R 16 W 22.5	R 16 W 22.5	R 16 W 22.5	R 16 W 22.5
15 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R 8 W 15	R 8 W 15	R 10 W 15	R 10 W 15	R 12 W 15
16 SHOULDERS - Upright Rows	R 8 W 35	R 9 W 35	R 10 W 35	R 10 W 35	R 10 W 35
17 BICEPS - Static Arm Curls	R 16 W 22.5	R 14 W 22.5	R 16 W 22.5	R 16 W 22.5	R 16 W 22.5
18 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R 9 W 12	R 10 W 12	R 8 W 15	R 10 W 15	R 10 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	R - W -	R - W -	R - W -	R - W -	R - W -
21 TRICEPS - Lying-Down Triceps Extensions	R 8 W 30 ↓	R 12 W 25	R 15 W 25 ↑	R 10 W 30	R 10 W 30
22 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
23 BICEPS - Crouching-Cohen Curls	R - W -	R - W -	R - W -	R - W -	R - W -
24 TRICEPS - Lying-Down Triceps Extensions	R 12 W 25	R 12 W 25	R 12 W 25	R 8 W 30	R 10 W 30
Ballistic Stretch (0:38)					
25 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R 16 W 12 ↑	R 16 W 15	R 16 W 15	R 16 W 15	R 16 W 15
26 BICEPS - Congdon Curls	R 8 W 30	R 3 W 30	R 8 W 30	R 8 W 30	R 8 W 30
27 TRICEPS - Side Tri-Rises	RT 20 LT 20	RT 20 LT 20	RT 25 LT 25	RT 30 LT 30	RT 30 LT 30
28 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R 16 W 15	R 16 W 15	R 16 W 15	R 16 W 15	R 16 W 15
29 BICEPS - Congdon Curls	R 10 W 25	R 10 W 25	R 10 W 25	R 8 W 30	R 8 W 30
30 TRICEPS - Side Tri-Rises	RT 20 LT 20	RT 20 LT 20	RT 25 LT 25	RT 25 LT 25	RT 25 LT 25
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 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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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 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 ↓ 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

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 • BACK & BICEPS • DISC 10

DATE / WEEK	4/4/13	4/10/13	4/16/13	5/7/13	5/22/13
Warm-Up [2:36 + 6:32]					
01 BACK - Wide Front Pull-Ups	R 10 *	R 11	R 12	R 13	R 16
02 BACK - Lawnmowers	R 12 W 40	R 12 W 40	R 12 W 40	R 12 W 40	R 12 W 40
03 BICEPS - Twenty-Ones	R 21 W 22.5	R 21 W 22.5	R 21 W 22.5	R 21 ↑ 22.5	R 21 W 25
04 BICEPS - One-Arm Cross-Body Curls	R 8 W 30	R 8 W 30	R 8 W 30	R 9 W 30	R 10 W 30
05 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R 6 / 6a	R 6 / 6a	R 12 / 0a	R 12 / 0a	R 12 / 0a
06 BACK - Elbows-Out Lawnmowers	R 10 W 40	R 10 W 40	R 10 W 40	R 12 W 40	R 12 W 40
07 BICEPS - Standing Bicep Curls	R 8 W 30	R 8 W 30	R 8 W 30	R 9 W 30	R 10 W 30
08 BICEPS - One-Arm Concentration Curls	R 8 W 20	R 10 W 20	R 10 W 20	R 9 W 20	R 9 W 20
09 BACK - Corn Cob Pull-Ups	R 7a	R 7a	R 7a	R 7a	R 5 / 0a
10 BACK - Reverse Grip Bent-Over Rows	R 12 W 32.5	R 10 W 35	R 10 W 35	R 12 W 35	R 12 W 35
11 BICEPS - Open-Arm Curls	R 10 W 25	R 11 W 25	R 12 W 25	R 12 W 25	R 12 W 25
12 BICEPS - Static-Arm Curls	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 20	R 16 W 22.5
Water Break (0:42)					
13 BACK - Towel Pull-Ups (Switch every 3)	R 12a	R 12a	R 12a	R 3 / 9a	R 7 / 6a
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 Crouching Curls	R 4 W 30	R 3 W 30	R 8 W 30	R 8 W 30	R 9 W 30
16 BICEPS - One-Arm Corkscrew Curls	R 9 W 25	R 9 W 25	R 10 W 25	R 10 W 25	R 8 W 30
17 BACK - Chin-Ups	R 8 / 6a	R 8 / 6a	R 8 / 8a	R 10 / 6a	R 10 / 0a
18 BACK - Seated Bent-Over Back Flies	R 12 W 35	R 12 W 35	R 12 W 35	R 12 W 35	R 12 W 35
19 BICEPS - Curl-Up/Hammer Downs	R 8 W 25	R 9 W 25	R 10 W 25	R 10 W 25	R 5 W 30
20 BICEPS - Hammer Curls	R 8 W 25	R 10 W 25	R 10 W 25	R 4 W 30	R 5 W 30
21 BACK - Max Rep Pull-Ups	R 10a	R 10a	R 11a	R 12a	R 4 / 8a
22 BACK - Superman (6 x 10 seconds)	R 5	R 5	R 5	R 5	R 5
23 BICEPS - In-Out Hammer Curls	R 4 W 25	R 6 W 25	R 5 W 25	R 6 W 25	R 6 W 25
	R 4 W 20	R 3 W 20	R 5 W 20	R 3 W 20	R 3 W 20
	R 8 W 20	R 8 W 20	R 8 W 20	R 8 W 22.5	R 7 W 25
24 BICEPS - Strip-Set Curls (4 rounds)	R ↓ W 15	R ↓ W 15	R ↓ W 15	R ↓ W 20	R ↓ W 20
	R ↓ W 15	R ↓ W ↓	R ↓ W ↓	R ↓ W 15 ↑	R ↓ W 15
	R ↓ W 15	R ↓ W ↓	R ↓ W ↓	R ↓ W 15	R ↓ 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
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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