

SUMMER



WORKSHEET • CHEST & BACK • DISC 1

DATE / WEEK	6/18/12	7/2/12	7/16/12	8/8/12	8/20/12
Warm-Up [2:30 + 6:30]					
01 CHEST - Standard Push-Ups	R <del>45</del>	R 45	R	R	R 50
02 BACK - Wide Front Pull-Ups	R	R 8/10a	R	R	R 10/2a
03 CHEST - Military Push-Ups	R	R 20	R	R	R 15
04 BACK - Reverse Grip Chin-Ups	R	R 7/8a	R	R	R 7/5a - (2 bands)
Water Break (0:49)					
05 CHEST - Wide Fly Push-Ups	R	R 39	R	R	R 28
06 BACK - Closed Grip Overhand Pull-Ups	R	R 7/8a	R	R	R 5/5a
07 CHEST - Decline Push-Ups	R	R 20	R	R	R 15
08 BACK - Heavy Pants	R W	R 12 W 35	R W	R W	R 13 W 30
Water Break (0:47)					
09 CHEST - Diamond Push-Ups	R	R 20	R	R	R 15
10 BACK - Lawnmowers	R W	R 15 W 35	R (BACK)	R W	R 15 W 35
11 CHEST - Dive-Bomber Push-Ups	R	R 15	R	R	R 13
12 BACK - Back Flies	R W	R 12 W 30	R W	R W	R 12 W 30
Water Break (1:04)					
13 BACK - Wide Front Pull-Ups	R 10/0a	R	R 10/0a	R 10/0a	R
14 CHEST - Standard Push-Ups	R 40	R	R 40	R 40	R
15 BACK - Reverse Grip Chin-Ups	R 10 W 0a	R W	R 10 W 0a	R 9 W 0a	R W
16 CHEST - Military Push-Ups	R 20	R	R 20	R 20	R
Water Break (1:00)					
17 BACK - Closed Grip Overhand Pull-Ups	R 6/8a	R	R 9/0a	R 5/5a	R
18 CHEST - Wide Fly Push-Ups	R 30	R	R <del>20</del> 30	R 30	R
19 BACK - Heavy Pants	R 12 W 35	R W	R W	R 12 W 30	R W
20 CHEST - Decline Push-Ups	R 15	R	R 15	R 15	R
Water Break (0:37)					
21 BACK - Lawnmowers	R 15 W 37.5	R W	R W	R 15 W 35	R W
22 CHEST - Diamond Push-Ups	R 20	R	R 20	R 20	R
23 BACK - Back Flies	R 10 W 30	R W	R W	R 12 W 30	R W
24 CHEST - Dive-Bomber Push-Ups	R 15	R	R 10	R 15	R
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**  
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 • SHOULDERS & ARMS • DISC 3

DATE / WEEK	6/20/12	7/4/2012	7/18/12	8/6/12	8/22/12
Warm-Up (2:46 + 7:23)					
01 SHOULDERS - Alternating Shoulder Presses	R 11 W 35	R _____ W _____	R 11 W 35	R 12 W 30	R _____ W _____
02 BICEPS - In & Out Bicep Curls	R 16 W 20	R _____ W _____	R 16 W 20	R 16 W 20	R _____ W _____
03 TRICEPS - Two-Arm Triceps Kickback	R 12 W 25	R _____ W _____	R 12 W 25	R 13 W 20	R _____ W _____
04 SHOULDERS - Alternating Shoulder Presses	R _____ W _____	R 12 W 35 14	R _____ W _____	R _____ W _____	R 10 W 35
05 BICEPS - In & Out Bicep Curls	R _____ W _____	R 14 W 20↑	R _____ W _____	R _____ W _____	R 16 W 20
06 TRICEPS - Two-Arm Triceps Kickback	R _____ W _____	R 12 W 25↑	R _____ W _____	R _____ W _____	R 10 W 25
Ballistic Stretch (0:30)					
07 SHOULDERS - Deep Swimmer's Presses	R 10 W 25	R _____ W _____	R 10 W 25	R 8 W 25	R 8 W 25
08 BICEPS - Full Supination Concentration Curls	R 10 W 25	R _____ W _____	R 8 W 30	R 7 W 30	R 8 W 30
09 TRICEPS - Chair Dips	R 40	R _____ W _____	R 40	R 40	R 40
10 SHOULDERS - Deep Swimmer's Presses	R _____ W _____	R 10 W 25 12	R _____ W _____	R _____ W _____	R _____ W _____
11 BICEPS - Full Supination Concentration Curls	R _____ W _____	R 12 W 25↑	R _____ W _____	R _____ W _____	R _____ W _____
12 TRICEPS - Chair Dips	R _____ W _____	R 40	R _____ W _____	R _____ W _____	R _____ W _____
Ballistic Stretch (0:30)					
13 SHOULDERS - Upright Rows	R 10 W 30	R _____ W _____	R 12 W 30	R 12 W 30	R 12 W 30
14 BICEPS - Static Arm Curls	R 16 W 20	R _____ W _____	R 16 W 20	R 16 W 20	R 16 W 20
15 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R 10 W 10↑	R _____ W _____	R 10 W 12	R 10 W 12	R 10 W 12
16 SHOULDERS - Upright Rows	R _____ W _____	R 12 W 30 16	R _____ W _____	R _____ W _____	R _____ W _____
17 BICEPS - Static Arm Curls	R _____ W _____	R 16 W 20	R _____ W _____	R _____ W _____	R _____ W _____
18 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R _____ W _____	R 10 W 12	R _____ W _____	R _____ W _____	R _____ W _____
Ballistic Stretch (0:34)					
19 SHOULDERS - Seated Two-Angle Shoulder Flys	R 16 W 15	R _____ W _____	R 16 W 15	R 16 W 15	R 16 W 15
20 BICEPS - Crouching Cohen Curls	R 10 W 25	R _____ W _____	R 10 W 25	R 10 W 20	R 12 W 20
21 TRICEPS - Lying-Down Triceps Extensions	R 13 W 25↑	R _____ W _____	R 13 W 25↑	R 13 W 25	R 13 W 25
22 SHOULDERS - Seated Two-Angle Shoulder Flys	R _____ W _____	R 16 W 15 10	R _____ W _____	R _____ W _____	R _____ W _____
23 BICEPS - Crouching Cohen Curls	R _____ W _____	R 10 W 25 8	R _____ W _____	R _____ W _____	R _____ W _____
24 TRICEPS - Lying-Down Triceps Extensions	R _____ W _____	R 8 W 30↓	R _____ W _____	R _____ W _____	R _____ W _____
Ballistic Stretch (0:38)					
25 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R 16 W 12	R <del>16</del> W 12	R 16 W 12	R 16 W 12	R _____ W _____
26 BICEPS - Congdon Curls	R 10 W 25	R _____ W _____	R 8 W 25	R 8 W 25	R _____ W _____
27 TRICEPS - Side Tri-Rises	RT 30 LT 30	RT _____ LT _____	RT 30 LT 30	RT 30 LT 30	RT _____ LT _____
28 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R _____ W _____	R 16 W 12 10	R _____ W _____	R _____ W _____	R 16 W 12
29 BICEPS - Congdon Curls	R _____ W _____	R 10 W 25 30	R _____ W _____	R _____ W _____	R 8 W 25
30 TRICEPS - Side Tri-Rises	RT _____ LT _____	RT 30 LT 30	RT _____ LT _____	RT _____ LT _____	RT 30 LT 30
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 (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
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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 _____ 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 <del>15</del> W 25	R _____ W _____
20 LEGS - Calf Raises	Feet Parallel	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**

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~~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**

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SUMMER

7/12/12



WORKSHEET • BACK & BICEPS • DISC 10

DATE / WEEK	6/25/12	<del>7/4/12</del>	8/3/12	8/15/12	8/28/12
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Warm-Up (2:36 + 6:32)

01 BACK - Wide Front Pull-Ups	R 7/12a	R _____	R 8/10a	R _____	R 10/10a
02 BACK - Lawnmowers	R 15 W 37.5	R _____ W _____	R 10 W 35	R _____ W _____	R 12 W 35
03 BICEPS - Twenty-Ones	R 12 W 25	R _____ W _____	R 21 W 20	R _____ W _____	R 21 W 20
04 BICEPS - One-Arm Cross-Body Curls	R 10 W 20	R _____ W _____	R 10 W 20	R _____ W _____	R 10 W 20
05 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R 4/8a	R _____	R 3/9a	R _____	R 8/4a
06 BACK - Elbows-Out Lawnmowers	R 10 W 37.5	R _____ W _____	R 10 W 35	R _____ W _____	R 10 W 35
07 BICEPS - Standing Bicep Curls	R 10 W 25	R _____ W _____	R 8 W 25	R _____ W _____	R 8 W 25
08 BICEPS - One-Arm Concentration Curls	R 8 W 20	R _____ W _____	R 8 W 20	R _____ W _____	R 8 W 20
09 BACK - Corn Cob Pull-Ups	R 7a	R _____	R 6a	R _____	R 7a
10 BACK - Reverse Grip Bent-Over Rows	R 10 W 35	R _____ W _____	R _____ W _____	R _____ W _____	R 10 W 30
11 BICEPS - Open-Arm Curls	R 10 W 25	R _____ W _____	R 12 W 20	R _____ W _____	R 12 W 20
12 BICEPS - Static-Arm Curls	R 16 W 20	R _____ W _____	R 16 W 20	R _____ W _____	R 16 W 20

Water Break (0:42)

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

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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