

ROUND 1

00

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)

Table with 6 rows of exercises: 01 SHOULDERS - Alternating Shoulder Presses, 02 BICEPS - In & Out Bicep Curls, 03 TRICEPS - Two-Arm Triceps Kickback, 04 SHOULDERS - Alternating Shoulder Presses, 05 BICEPS - In & Out Bicep Curls, 06 TRICEPS - Two-Arm Triceps Kickback. Each row contains 5 columns of handwritten weights and reps.

Ballistic Stretch (0:30)

Table with 6 rows of exercises: 07 SHOULDERS - Deep Swimmer's Presses, 08 BICEPS - Full Supination Concentration Curls, 09 TRICEPS - Chair Dips, 10 SHOULDERS - Deep Swimmer's Presses, 11 BICEPS - Full Supination Concentration Curls, 12 TRICEPS - Chair Dips. Each row contains 5 columns of handwritten weights and reps.

Ballistic Stretch (0:30)

Table with 6 rows of exercises: 13 SHOULDERS - Upright Rows, 14 BICEPS - Static Arm Curls, 15 TRICEPS - Flip-Grip Twist Triceps Kickbacks, 16 SHOULDERS - Upright Rows, 17 BICEPS - Static Arm Curls, 18 TRICEPS - Flip-Grip Twist Triceps Kickbacks. Each row contains 5 columns of handwritten weights and reps.

Ballistic Stretch (0:34)

Table with 6 rows of exercises: 19 SHOULDERS - Seated Two-Angle Shoulder Flys, 20 BICEPS - Crouching Cohen Curls, 21 TRICEPS - Lying-Down Triceps Extensions, 22 SHOULDERS - Seated Two-Angle Shoulder Flys, 23 BICEPS - Crouching Cohen Curls, 24 TRICEPS - Lying-Down Triceps Extensions. Each row contains 5 columns of handwritten weights and reps.

Ballistic Stretch (0:38)

Table with 6 rows of exercises: 25 SHOULDERS - In & Out Straight-Arm Shoulder Flys, 26 BICEPS - Congdon Curls, 27 TRICEPS - Side Tri-Rises, 28 SHOULDERS - In & Out Straight-Arm Shoulder Flys, 29 BICEPS - Congdon Curls, 30 TRICEPS - Side Tri-Rises. Each row contains 5 columns of handwritten weights and reps.

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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Handwritten notes on the right margin: 12/30, 16/20, 10/25, 10/25, 8/25, 40, 10/30, 16/20, 10/10, 16/12, 14/20, 10/25, 30/30, and a vertical arrow pointing up labeled 'SUMMER'.

# 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®**.

Need more P90X worksheets? Go to [P90Xworksheets.com](http://P90Xworksheets.com)

ROUND 2

12830#

(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 - <del>Crouching</del> <del>Cohen</del> Curls <del>std.</del>	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 - <del>Crouching</del> <del>Cohen</del> Curls <del>std.</del>	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 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 - <del>Crouching-Cohen Curls</del>	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 - <del>Crouching-Cohen Curls</del>	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

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