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| **WORKshEET • Ch Es T & BACK • DIs C 1** |
| **DATE / WEEK** |  |  |  |  |  |
| Warm-Up (2:30 + 6:30) |
| **01 ChEsT - standard Push-Ups** | R  | R  | R  | R  | R  |
| **02 BACK - Wide Front Pull-Ups** | R  | R  | R  | R  | R  |
| **03 ChEsT - Military Push-Ups** | R  | R  | R  | R  | R  |
| **04 BACK - Reverse Grip Chin-Ups** | R  | R  | R  | R  | R  |
| Water Break (0:49) |
| **05 ChEsT - Wide Fly Push-Ups** | R  | R  | R  | R  | R  |
| **06 BACK - Closed Grip Overhand Pull-Ups** | R  | R  | R  | R  | R  |
| **07 ChEsT - Decline Push-Ups** | R  | R  | R  | R  | R  |
| **08 BACK - heavy Pants** | R W  | R W  | R W  | R W  | R W  |
| Water Break (0:47) |
| **09 ChEsT - Diamond Push-Ups** | R  | R  | R  | R  | R  |
| **10 BACK - Lawnmowers** | R W  | R W  | R W  | R W  | R W  |
| **11 ChEsT - Dive-Bomber Push-Ups** | R  | R  | R  | R  | R  |
| **12 BACK - Back Flys** | R W  | R W  | R W  | R W  | R W  |
| Water Break (1:04) |
| **13 BACK - Wide Front Pull-Ups** | R  | R  | R  | R  | R  |
| **14 ChEsT - standard Push-Ups** | R  | R  | R  | R  | R  |
| **15 BACK - Reverse Grip Chin-Ups** | R W  | R W  | R W  | R W  | R W  |
| **16 ChEsT - Military Push-Ups** | R  | R  | R  | R  | R  |
| Water Break (1:00) |
| **17 BACK - Closed Grip Overhand Pull-Ups** | R  | R  | R  | R  | R  |
| **18 ChEsT - Wide Fly Push-Ups** | R  | R  | R  | R  | R  |
| **19 BACK - heavy Pants** | R W  | R W  | R W  | R W  | R W  |
| **20 ChEsT - Decline Push-Ups** | R  | R  | R  | R  | R  |
| Water Break (0:37) |
| **21 BACK - Lawnmowers** | R W  | R W  | R W  | R W  | R W  |
| **22 ChEsT - Diamond Push-Ups** | R  | R  | R  | R  | R  |
| **23 BACK - Back Flys** | R W  | R W  | R W  | R W  | R W  |
| **24 ChEsT - Dive-Bomber Push-Ups** | R  | R  | R  | R  | R  |
| Cool Down (3:22) R: reps W: weight |



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| **WORKshEET • shOULDERs & ARMs • DIsC 3** |
| **DATE / WEEK** |  |  |  |  |  |
| Warm-Up (2:46 + 7:23) |
| **01 shOULDERs - Alternating shoulder Presses** | R W  | R W  | R W  | R W  | R W  |
| **02 BICEPs - In & Out Bicep Curls** | R W  | R W  | R W  | R W  | R W  |
| **03 TRICEPs - Two-Arm Triceps Kickback** | R W  | R W  | R W  | R W  | R W  |
| **04 shOULDERs - Alternating shoulder Presses** | R W  | R W  | R W  | R W  | R W  |
| **05 BICEPs - In & Out Bicep Curls** | R W  | R W  | R W  | R W  | R W  |
| **06 TRICEPs - Two-Arm Triceps Kickback** | R W  | R W  | R W  | R W  | R W  |
| Ballistic Stretch (0:30) |
| **07 shOULDERs - Deep swimmer’s Presses** | R W  | R W  | R W  | R W  | R W  |
| **08 BICEPs - Full supination Concentration Curls** | R W  | R W  | R W  | R W  | R W  |
| **09 TRICEPs - Chair Dips** | R  | R  | R  | R  | R  |
| **10 shOULDERs - Deep swimmer’s Presses** | R W  | R W  | R W  | R W  | R W  |
| **11 BICEPs - Full supination Concentration Curls** | R W  | R W  | R W  | R W  | R W  |
| **12 TRICEPs - Chair Dips** | R  | R  | R  | R  | R  |
| Ballistic Stretch (0:30) |
| **13 shOULDERs - Upright Rows** | R W  | R W  | R W  | R W  | R W  |
| **14 BICEPs - static Arm Curls** | R W  | R W  | R W  | R W  | R W  |
| **15 TRICEPs - Flip-Grip Twist Triceps Kickbacks** | R W  | R W  | R W  | R W  | R W  |
| **16 shOULDERs - Upright Rows** | R W  | R W  | R W  | R W  | R W  |
| **17 BICEPs - static Arm Curls** | R W  | R W  | R W  | R W  | R W  |
| **18 TRICEPs - Flip-Grip Twist Triceps Kickbacks** | R W  | R W  | R W  | R W  | R W  |
| Ballistic Stretch (0:34) |
| **19 shOULDERs - seated Two-Angle shoulder Flys** | R W  | R W  | R W  | R W  | R W  |
| **20 BICEPs - Crouching Cohen Curls** | R W  | R W  | R W  | R W  | R W  |
| **21 TRICEPs - Lying-Down Triceps Extensions** | R W  | R W  | R W  | R W  | R W  |
| **22 shOULDERs - seated Two-Angle shoulder Flys** | R W  | R W  | R W  | R W  | R W  |
| **23 BICEPs - Crouching Cohen Curls** | R W  | R W  | R W  | R W  | R W  |
| **24 TRICEPs - Lying-Down Triceps Extensions** | R W  | R W  | R W  | R W  | R W  |
| Ballistic Stretch (0:38) |
| **25 shOULDERs - In & Out straight-Arm shoulder Flys** | R W  | R W  | R W  | R W  | R W  |
| **26 BICEPs - Congdon Curls** | R W  | R W  | R W  | R W  | R W  |
| **27 TRICEPs - side Tri-Rises** | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| **28 shOULDERs - In & Out straight-Arm shoulder Flys** | R W  | R W  | R W  | R W  | R W  |
| **29 BICEPs - Congdon Curls** | R W  | R W  | R W  | R W  | R W  |
| **30 TRICEPs - side Tri-Rises** | RT LT  | RT LT  | RT LT  | 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

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| **WORKshEET • LEGs & BACK • DIs C 5** |
| **DATE / WEEK** |  |  |  |  |  |
|  | Warm-Up (2:27 | + 7:34) |  |  |  |  |
| **01 LEGs - Balanced Lunges** | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| **02 LEGs - Calf-Raise squats** | R W  | R W  | R W  | R W  | R W  |
| **03 BACK - Reverse Grip Chin-Ups** | R  | R  | R  | R  | R  |
| **04 LEGs - super skaters** | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| **05 LEGs - Wall squats** | R sec | R sec | R sec | R sec | R sec |
| **06 BACK - Wide Front Pull-Ups** | R  | R  | R  | R  | R  |
| **07 LEGs - step Back Lunge** | R W  | R W  | R W  | R W  | R W  |
| **08 LEGs - Alternating side Lunge** | R W  | R W  | R W  | R W  | R W  |
| **09 BACK - Closed Grip Overhead Pull-Ups** | R  | R  | R  | R  | R  |
| **10 LEGs - single-Leg Wall squat** | R sec | R sec | R sec | R sec | R sec |
| **11 LEGs - Deadlift squats** | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| **12 BACK - switch Grip Pull-Ups****(switch every 2 reps)** | R  | R  | R  | R  | R  |
|  | Water Break | (2:00) |  |  |  |  |
| **13 LEGs - Three-Way Lunge** | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| **14 LEGs - sneaky Lunge** | R  | R  | R  | R  | R  |
| **15 BACK - Reverse Grip Chin-Ups** | R  | R  | R  | R  | R  |
| **16 LEGs - Chair salutations** | R sec | R sec | R sec | R sec | R sec |
| **17 LEGs - Toe-Roll Iso Lunge** | R W  | R W  | R W  | R W  | R W  |
| **18 BACK - Wide Front Pull-Ups** | R  | R  | R  | R  | R  |
| **19 LEGs - Groucho Walk** | R sec | R sec | R sec | R sec | R sec |
| **20 LEGs - Calf Raises** | **Toes Out Feet Parallel****Toes In** | R W R W R W  | R W R W R W  | R W R W R W  | R W R W R W  | R W R W R W  |
| **21 BACK - Closed Grip Overhand Pull-Ups** | R  | R  | R  | R  | R  |
| **22 LEGs - 80/20 siebers-speed squats** | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| **23 BACK - switch Grip Pull-Ups** | R  | R  | R  | R  | R  |
|  |  | Cool Down (4:18) | R: reps | W: weight | RT: right | LT: left |



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| **WORKshEET • CORE sYNERGIsTICs • DIsC 8** |
| **DATE / WEEK** |  |  |  |  |  |
| Warm-Up (6:31 + 3:30) |
| **01 stacked Foot / staggered hands Push-Ups (switch every 5 reps)** | R  | R  | R  | R  | R  |
| **02 Banana Rolls (16 reps / 2 min)** | R  | R  | R  | R  | R  |
| **03 Leaning Crescent Lunges** | R W  | R W  | R W  | R W  | R W  |
| **04 squat Runs** | R W  | R W  | R W  | R W  | R W  |
| **05 sphinx Push-Ups** | R  | R  | R  | R  | R  |
| **06 Bow to Boat (4 sets/1:48 min)** | R  | R  | R  | R  | R  |
| **07 Low Lateral skaters** | R  | R  | R  | R  | R  |
| **08 Lunge & Reach** | R W  | R W  | R W  | R W  | R W  |
| Water Break (0:42) |
| **09 Prison Cell Push-Ups** | R  | R  | R  | R  | R  |
| **10 side hip Raise** | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| **11 squat X-Press** | R W  | R W  | R W  | R W  | R W  |
| **12 Plank to Chaturanga Run** | R  | R  | R  | R  | R  |
| **13 Walking Push-Ups** | R  | R  | R  | R  | R  |
| **14 superman Banana** | R  | R  | R  | R  | R  |
| **15 Lunge Kickback Curl Press** | R W  | R W  | R W  | R W  | R W  |
| **16 Towel hoppers** | R  | R  | R  | R  | R  |
| Water Break (0:44) |
| **17 Reach high & Under Push-Ups** | R  | R  | R  | R  | R  |
| **18 steam Engine** | R  | R  | R  | R  | R  |
| **19 Dreya Rolls** | R  | R  | R  | R  | R  |
| **20 Plan to Chaturanga Iso** | R  | R  | R  | R  | R  |
| **21 halfback** | R  | R  | R  | R  | R  |
| **22 Table Dip Leg Raises** | R  | R  | R  | R  | R  |
| Cool Down & Stretch (5:06) R: reps W: weight RT: right LT: left |

Equipment Required • Weights or resistance bands

Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink

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| **WORKshEET • ChEsT, shOULDERs, & TRICEPs • DIsC 9** |
| **DATE / WEEK** |  |  |  |  |  |
| Warm-Up (8:52) |
| **01 ChEsT - slow-Motion 3-in-1 Push-Ups** | R  | R  | R  | R  | R  |
| **02 shOULDERs - In & Out shoulder Flys** | R W  | R W  | R W  | R W  | R W  |
| **03 TRICEPs - Chair Dips** | R  | R  | R  | R  | R  |
| **04 ChEsT - Plange Push-Ups** | R  | R  | R  | R  | R  |
| **05 shOULDERs - Pike Presses** | R  | R  | R  | R  | R  |
| **06 TRICEPs- side Tri-Rises** | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| **07 ChEsT - Floor Flys (switch every 4 reps)** | R  | R  | R  | R  | R  |
| **08 shOULDERs - scarecrows** | R W  | R W  | R W  | R W  | R W  |
| **09 TRICEPs - Overhead Triceps Extensions** | R W  | R W  | R W  | R W  | R W  |
| **10 ChEsT - Two-Twitch speed Push-Ups (4 Fast, 3 slow)** | R  | R  | R  | R  | R  |
| **11 shOULDERs - Y-Presses** | R W  | R W  | R W  | R W  | R W  |
| **12 TRICEPs - Lying Triceps Extensions** | R W  | R W  | R W  | R W  | R W  |
| Water Break (0:53) |
| **13 ChEsT - side-to-side Push-Ups** | R  | R  | R  | R  | R  |
| **14 shOULDERs - Pour Flys** | R W  | R W  | R W  | R W  | R W  |
| **15 TRICEPs - side-Leaning Triceps****Extensions** | R W  | R W  | R W  | R W  | R W  |
| **16 ChEsT - One-Arm Push-Ups** | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| **17 shOULDERs - Weighted Circles****(2 X 20 reps)** | R W  | R W  | R W  | R W  | R W  |
| **18 TRICEPs - Throw the Bomb** | R W  | R W  | R W  | R W  | R W  |
| **19 ChEsT - Clap or Plyo Push-Ups** | R  | R  | R  | R  | R  |
| **20 shOULDERs - slo-Mo Throws** | R W  | R W  | R W  | R W  | R W  |
| **21 TRICEPs - Front-to-Back Triceps Extensions** | R W  | R W  | R W  | R W  | R W  |
| **22 ChEsT - One-Arm Balance Push-Ups** | R  | R  | R  | R  | R  |
| **23 shOULDERs - Fly-Row-Presses** | R W  | R W  | R W  | R W  | R W  |
| **24 TRICEPs - Dumbbell Cross-Body Blows** | R W  | R W  | R W  | R W  | R W  |
| Cool Down (4:18) R: reps W: weight RT: right LT: left |



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| **WORKshEET**  | * **BACK & BICEPs • DIs C 10**
 |
| **DATE / WEEK** |  |  |  |  |  |
| Warm-Up (2:36 + 6:32) |
| **01 BACK - Wide Front Pull-Ups** | R  | R  | R  | R  | R  |
| **02 BACK - Lawnmowers** | R W  | R W  | R W  | R W  | R W  |
| **03 BICEPs - Twenty-Ones** | R W  | R W  | R W  | R W  | R W  |
| **04 BICEPs - One-Arm Cross-Body Curls** | R W  | R W  | R W  | R W  | R W  |
| **05 BACK - switch Grip Pull-Ups****(switch every 2 reps)** | R  | R  | R  | R  | R  |
| **06 BACK - Elbows-Out Lawnmowers** | R W  | R W  | R W  | R W  | R W  |
| **07 BICEPs - standing Bicep Curls** | R W  | R W  | R W  | R W  | R W  |
| **08 BICEPs - One-Arm Concentration Curls** | R W  | R W  | R W  | R W  | R W  |
| **09 BACK - Corn Cob Pull-Ups** | R  | R  | R  | R  | R  |
| **10 BACK - Reverse Grip Bent-Over Rows** | R W  | R W  | R W  | R W  | R W  |
| **11 BICEPs - Open-Arm Curls** | R W  | R W  | R W  | R W  | R W  |
| **12 BICEPs - static-Arm Curls** | R W  | R W  | R W  | R W  | R W  |
| Water Break (0:42) |
| **13 BACK - Towel Pull-Ups (switch every 3)** | R  | R  | R  | R  | R  |
| **14 BACK - Congdon Locomotives** | R W  | R W  | R W  | R W  | R W  |
| **15 BICEPs - Crouching Cohen Curls** | R W  | R W  | R W  | R W  | R W  |
| **16 BICEPs - One-Arm Corkscrew Curls** | R W  | R W  | R W  | R W  | R W  |
| **17 BACK - Chin-Ups** | R  | R  | R  | R  | R  |
| **18 BACK - seated Bent-Over Back Flys** | R W  | R W  | R W  | R W  | R W  |
| **19 BICEPs - Curl-Up/hammer Downs** | R W  | R W  | R W  | R W  | R W  |
| **20 BICEPs - hammer Curls** | R W  | R W  | R W  | R W  | R W  |
| **21 BACK - Max Rep Pull-Ups** | R  | R  | R  | R  | R  |
| **22 BACK - superman (6 x 10 seconds)** | R  | R  | R  | R  | R  |
| **23 BICEPs - In-Out hammer Curls** | R W  | R W  | R W  | R W  | R W  |
|  | R W  | R W  | R W  | R W  | R W  |
| **24 BICEPs - strip-set Curls** | R W  | R W  | R W  | R W  | R W  |
| **(4 rounds)** | R W  | R W  | R W  | R W  | R W  |
|  | R W  | R W  | R W  | R W  | 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

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 • AB RIPPER X • DIsC 12**  |
| **DATE / WEEK** |  |  |  |  |  |
| **01 IN & OUTs****Target - 25** | R  | R  | R  | R  | R  |
| **02 sEATED BICYCLEs****Target - 25** | R  | R  | R  | R  | R  |
| **03 REvERsE BICYCLEs****Target - 25** | R  | R  | R  | R  | R  |
| **04 sEATED CRUNChY FROGs****Target - 25** | R  | R  | R  | R  | R  |
| **05 CROssED LEG/WIDE LEG sIT-UPs****Target - 25** | R  | R  | R  | R  | R  |
| **06 FIFER sCIssORs****Target - 25** | R  | R  | R  | R  | R  |
| **07 hIP ROCK ’N’ RAIsE****Target - 25** | R  | R  | R  | R  | R  |
| **08 PULsE-UPs (hEELs TO hEAvEN)****Target - 25** | R  | R  | R  | R  | R  |
| **09 ROLL-UP/ v-UP COMBOs****Target - 25** | R  | R  | R  | R  | R  |
| **10 OBLIqUE v-UPs****Target - 25** | R  | R  | R  | R  | R  |
| **11 LEG CLIMBs****Target - 25** | R  | R  | R  | R  | R  |
| **12 MAsON (KAYAK) TWIsT****Target - 25** | R  | R  | R  | R  | R  |
| Cool Down & Stretch (0:51) R: reps |



Equipment Required • Mat 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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**P90X Results and Recovery Formula**

**P90X**

**Chin-Up Bar**

**P90X**

**Chin-Up Max**