



WORKSHEET • CHEST & BACK • DISC 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

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 • 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 _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
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 _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
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 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					
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 R _____ W _____	Toes Out R _____ W _____	Toes Out R _____ W _____	Toes Out R _____ W _____	Toes Out R _____ W _____
	Feet Parallel R _____ W _____	Feet Parallel R _____ W _____	Feet Parallel R _____ W _____	Feet Parallel R _____ W _____	Feet Parallel R _____ W _____
	Toes In R _____ W _____	Toes In R _____ W _____	Toes In R _____ W _____	Toes In R _____ W _____	Toes In 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

- 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 • 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 Dreyer 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 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

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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

- 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 • BACK & BICEPS • DISC 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 _____
24 BICEPS - Strip-Set Curls (4 rounds)	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 _____
	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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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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