Power 902	X - Classic Rou	utine Wo	orkout			
			Tuesday		Wednesday	
		Week 1	20-Jun	1	21-Jun	2
Phase I	Main	Week 2	27-Jun	8	28-Jun	9
Flidsel		Week 3	4-Jul	15	5-Jul	16
	Recovery	Week 4	11-Jul	22	12-Jul	23
		Week 5	18-Jul	29	19-Jul	
Phase II	Main	Week 6	25-Jul	36	26-Jul	37
i nase n		Week 7	1-Aug	43	2-Aug	44
	Recovery	Week 8	8-Aug	50	9-Aug	51
		Week 9	15-Aug	57	16-Aug	58
	Main	Week 10	22-Aug	64	23-Aug	65
Phase III		Week 11	29-Aug	71	30-Aug	72
	Recovery		5-Sep	78	6-Sep	79
	The Final Stretch	Week 13	12-Sep	85	13-Sep	86
		Day 01:	20-Jun-200	6	<<< Enter Sta	rt Da
		Day 30:	19-Jul-2006			
>XPL	OBERS	Day 60:	- 18-Aug-200			
		Day 90:	17-Sep-200			
	Purpose:	designed fo	r use is the Cl	assic	pplement or re Routine. I sho orkout schedul	uld l
	Instructions: 1)	Start by ent > The rest of > The shee SATURDAY	ering the date of the calenda t will now cust as the Day of	e tha r will comiz the V	t you plan on s be automatica the Day of th	tartin ally fi ne W
		> Example:> You will bPUSH PLAY!	I started on 9 te taken to the !! And begin	-May she recor	endar, click on y, so I just click et with the "Ch rding your prog	on ti est & ress
	4)	easy. Just r Once you h	ight-click the o ave completed	cell a d you	on a particular and select "Inse Ir workout, plac ETED >>>>>	ert Co ce ar
	5)	0			the "Chest & B	

> You'll notice now that Day "1" turns in to an X
6) Go get a Recovery Drink!!! I love that stuff!!! - I
 7) Repeat the above steps each day until Day 91!!! > Please send me feedback on this spreadsheet. use for everything else.
Fitness Test: You may want to keep track of your fitness test re calculation for the Nutrition Level.

Thursday		Friday		Saturday		Sunday		Monday	
22-Jun	3	23-Jun	4	24-Jun	5	25-Jun	6	26-Jun	7
22-Jun 29-Jun	10	30-Jun	11	1-jul	12	2-jul	13	3-Jul	, 14
6-Jul	17	7-jul	18	8-Jul	19	9-jul	20	10-Jul	21
13-Jul	24	14-jul	25	15-Jul	26	16-Jul	27	17-Jul	28
20-Jul	31	21-jul	32	22-Jul	33	23-Jul	34	24-Jul	35
27-Jul	38	28-Jul	39	29-Jul	40	30-Jul	41	31-jul	42
3-Aug	45	4-Aug	46	5-Aug	47	6-Aug	48	7-Aug	49
10-Aug	52	11-Aug	53	12-Aug	54	13-Aug	55	14-Aug	56
17-Aug	59	18-Aug	60	19-Aug	61	20-Aug	62	21-Aug	63
24-Aug	66	25-Aug	67	26-Aug	68	27-Aug	69	28-Aug	70
31-Aug	73	1-Sep	74	2-Sep	75	3-Sep	76	4-Sep	77
7-Sep	80	8-Sep	81	9-Sep	82	10-Sep	83	11-Sep	84
14-Sep	87	15-Sep	88	16-Sep	89	17-Sep	90	18-Sep	91
e the paper wo	rkshe	eets used durir ther 2 done <u>so</u> r	ng th meti	e P90X prograr me soon? You	n. Fo	or right now, th still use this, bu	ne on ut the	ly workout I ha e calendar is no	ive
is ng your P90X w lled in for you. eek based on t				: above , if you start on	Satu	urday w/ Day 1,	, the	sheet will show	v
eflected on the	e cale	endar							
DATE he calendar da & Back" workou		take me to the eet.	e firs	t workout.					
cise, just add a omment"	a con	nment to the ce	ell. (See Microsoft's	Help	o feature if you	don	't know how. I	t's
				ll that coincide gess on the "Fu			t day		
workout to tal	ke yo	u back to the "	Full	Routine" sheet.					

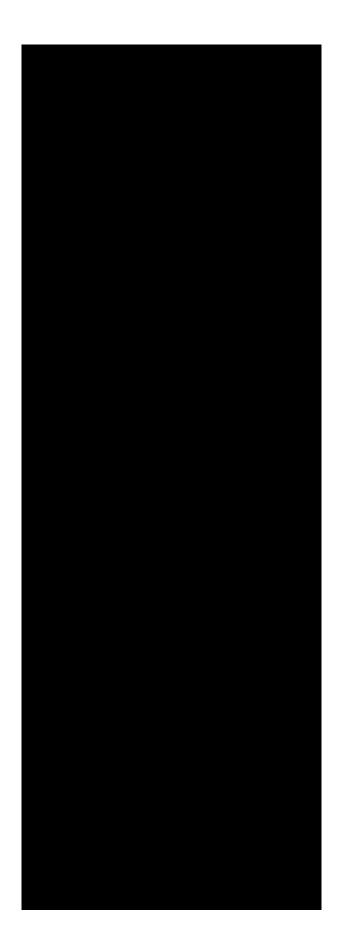
you have officially X'd your workout for the day!

t's my Health Crack...;)

GOOD LUCK!

Good or bad! I will probably make some changes to it in the future, but WOWY is also good to

esults as well? Just click on the link to take you to that sheet if you want. It also has a



Power 90X - Fit Test & Nutrition

		Fitness Test		
	Prior to	Day 01	After Da	у 90
Heart Rate		bps		
Pull-Ups				
Vertical Leap		IN		
Push-Ups				
Toe Touch		IN		
Wall Squat		Min:Sec		
Bicep Curls		# / Weight		
Abs: In & Outs				

		Nutritio	n Level		
	Body	Fat %	Notes		
Start					
(Prior to Day 1)					
Day 28					
(Phase I Complete)					
Day 56					
(Phase 2 Complete)					
Day 90					
(Phase 3 Complete)					
				_	
Body Weight	RMR		tivity Burn	Energy Am	
165	1650		330	2580	
Your Energy Level		on Level			
1800-2399	LEV	EL I			

2400-2999 3000+	LEVEL II LEVEL III	
Your Nutrition Level =	LEVEL II	
[Click here to go back t	o the Main Calendar	Pagel

MEASUREMENTS

		Prior to	Day 01	After I	Day 90
Body Fat %	>>>>>>		%		%
(N) Weight	>>>>>>		LBS		LBS
Chest	>>>>>>		IN		IN
Waist	>>>>>>		IN		IN
-	>>>>>>		IN		IN
Right Thigh			IN		IN
Left Thigh	>>>>>>>		IN		IN
Right Arm	>>>>>>		IN		IN
Left Arm	>>>>>>		IN		IN

bps

IN

IN Min:Sec # / Weight

ount

(wearing clothes? Y/N)

(measured at midpoint) (measured at midpoint) (flexed, measured at peak of bicep) (flexed, measured at peak of bicep)

Powe	r 90X - Chest & Back	k Work	out				
Step	Exercise	We	ek 1	We	ek 2	We	ek 3
		Reps	Weight	Reps	Weight	Reps	Weight
01	Standard Push-ups						
02	Wide Front Pull-ups						
03	Military Push-ups						
04	Reverse Grip Chin-ups						
05	Wide Fly Push-ups						
06	Closed Grip Overhand Pull-ups						
07	Decline Push-ups						
08	Heavy Pants						
09	Diamond Push-ups						
10	Lawnmowers						
11	Dive-bomber Push-ups						
12	Back Flys						
	Ab Ripper X						
	Completed >>>>>>>>						
	[Click here to go back to the M	ain Calond	ar Pagel				
			arrayej				
	Comments >>>>>>>>>						

	e k 9	Wee	k 11
Reps	Weight	Reps	Weight
			_

Power 90X - Plyomet	rics Wo	rkout				
	Week 1	Week 2	Week 3	Week 5	Week 6	Wee
Completed >>>>>>>>						
[Click here to go back to the Mair	n Calendar Pa	ige]				
Comments >>>>>>>>						

ek 7	Week 9	Week 10	Week 11	Week 12

2	Alternating Shoulder Presses	Reps				
01 02 03	Alternating Shoulder Presses		Weight	Reps	Weight	Reps
03	In & Out Bicep Curls					
	Two-arm Tricep Kickbacks					
04	Deep Swimmer's Presses					
05	Full Supination Concentration Curls					
06	Chair Dips					
07	Upright Rows					
08	Static Arm Curls					
09	Flip-grip Twist Tricep Kickbacks					
10	Two-angle Shoulder Flys					
11	Crouching Cohen Curls					
12	Lying-down Tricep Extensions					
				BONUS RO	DUND	
13	In & Out Straight-arm Shoulder Flys					
14	Congdon Curls					
15	Side Tri-rises					
	Ab Ripper X					
	Completed >>>>>>>>					
	[Click here to go back to the Mair	n Calendar	Page]			
	Comments >>>>>>>>					

1. 2				. 11
ek 3 Weight	Reps	ek 9 Weight	wee <i>Reps</i>	k 11 Weight
	-		-	
_				
_				
_				

Power 90X - Yoga X Workout										
	Week 1	Week 2	Week 3	Week 4						
Completed >>>>>>>>										
[Click here to go back to the Main	Calendar Page]									
Comments >>>>>>>>										

l (Mon)	Week 4(Sat)	Week 5	Week 6	Week 7	Week 8 (Mon)

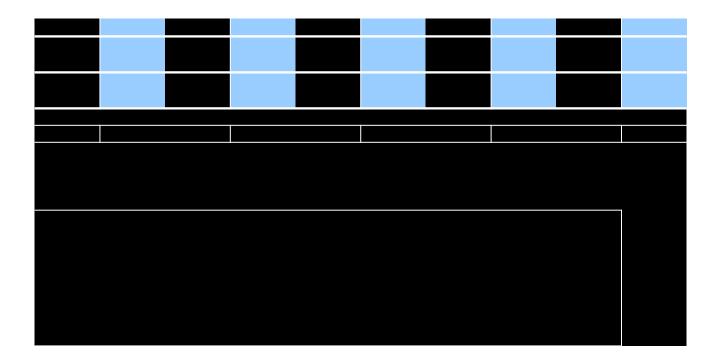
Week 8 (Sat)	Week 9	Week 10	Week 11	Week 12	Week 1

3 (Mon)	Week 13 (Sat)

Powe	r 90X - Legs & Back V	Workout				
Step	Exercise		ek 1 Weinht	Week 2		We
01	Balanced Lunges	Reps	Weight	Reps	Weight	Reps
02	Calf Raise Squats					
03	Reverse Grip Chin-ups					
04	Super Skaters					
05	Wall Squat					
06						
	Wide Front Pull-ups					
07	Step Back Lunges					
08	Alternating Side Lunges					
09	Close Grip Overhead Pull-ups					
10	Single Leg Wall Squat					
11	Dead Lift Squats					
12	Switch Grip Pull-ups					
13	Three-way Lunge					
14	Sneaky Lunge					
15	Reverse Grip Chin-ups					
16	Chair Salutations					
17	Toe Row Iso Lunge					
18	Wide Front Pull-ups					
19	Groucho Walk					
20	Calf Raises					
21	Close Grip Overhead Pull-ups					
22	20 20 Soibors Speed Squat					

	ou-zu seibers speed squar				
23	Switch Grip Pull-ups				
	Ab Ripper X				
	Completed >>>>>>>>				
	[Click here to go back to the Mai	n Calendar	Page]		
	Comments >>>>>>>>				

ek 3	We	ek 5	We	ek 6	We	ek 7	We	ek 9	Wee
Weight	Reps								



k 10		k 11	Wee	k 12
Weight	Reps	Weight	Reps	Weight

Power 90X - Kenpo X Workout										
	Week 1	Week 2	Week 3	Week 4	Week 5	Wee				
Completed >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>										
[Click here to go back to the N	Aain Calendar	r Page]								
Comments >>>>>>>>										

ek 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13

Power 90X - Core Synergistics Workout								
	Week 4 (Tue)	Week 4 (Fri)	Week 8 (Tue)					
Completed >>>>>>>>								
[Click here to go back to the second se	ne Main Calendar Page]						
Comments >>>>>>>>								
comments >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>								

Week 8 (Fri)	Week 13 (Tue)	Week 13 (Fri)

RepsWeightRepsWeightRepsSlow motion 3-in-1 Push-upsImage of the second	owe	er 90X - Chest, Shoulde	ers & Triceps Workout			out			
Slow motion 3-in-1 Push-ups Image Push-ups	Step	Exercise							
2In & Out Shoulder FlysImage Push-upsImage Push-upsImage Push-upsImage Push-upsImage Push-upsImage Push-upsImage Push-upsImage Push-upsImage Push-upsImage Push PressesImage Push Push PressesImage Push Push PressesImage Push Push Push Push Push Push Push Push	01	Slow motion 3-in-1 Push-ups	Reps	weight	Reps	weight	Reps		
Plange Push-upsImage Push-upsImage Push-upsPike PressesImage Push-upsImage Push-upsImage Push-upsSide Tri-risesImage Push-upsImage Push-upsImage Push-upsPoverhead Tricep ExtensionsImage Push-upsImage Push-upsImage Push-upsPour FlysImage Push-upsImage Push-upsImage Push-upsSide-leaning Tricep ExtensionsImage Push-upsImage Push-upsPour FlysImage Push-upsImage Push Push-upsImage Push-upsImage Push-upsImage Push Push-upsImage Push Push-upsImage Push-upsImage Push-upsImage Push Push Push Push Push Push Push Push	02								
Pike PressesImage: state in the	03	Chair Dips							
Side Tri-risesImage: state st	04	Plange Push-ups							
Image: Property of the sector of the secto	05	Pike Presses							
ScarecrowsImage: scare scale	06	Side Tri-rises							
Overhead Tricep ExtensionsImage: state in the	07	Floor Flys							
Image: constraint of the section of	08	Scarecrows							
IY-PressesIII<	09	Overhead Tricep Extensions							
2Lying Tricep ExtensionsImage: second	10	Two-twitch Speed Push-ups							
3 Side-to-side Push-ups 4 Pour Flys 5 Side-leaning Tricep Extensions 5 Side-leaning Tricep Extensions 6 One-arm Push-ups 7 Weighted Circles 8 Throw the Bomb 9 Clap or Plyo Push-ups 1 Front-to-back Tricep Extensions 2 One-arm Balance Push-ups	11	Y-Presses							
Pour FlysImage: state in the sta	12	Lying Tricep Extensions							
Side-leaning Tricep ExtensionsImage: state stat	13	Side-to-side Push-ups							
6 One-arm Push-ups 7 Weighted Circles 8 Throw the Bomb 9 Clap or Plyo Push-ups 0 Slo-mo Throws 1 Front-to-back Tricep Extensions 2 One-arm Balance Push-ups	14	Pour Flys							
Meighted Circles Image: Clap or Plyo Push-ups Ima	15	Side-leaning Tricep Extensions							
B Throw the Bomb Image: Clap or Plyo Push-ups Image: Clap or Plyo Push-ups <td>16</td> <td>One-arm Push-ups</td> <td></td> <td></td> <td></td> <td></td> <td></td>	16	One-arm Push-ups							
Clap or Plyo Push-ups Slo-mo Throws Front-to-back Tricep Extensions One-arm Balance Push-ups	17	Weighted Circles							
D Slo-mo Throws Image: Construction of the sector of	18	Throw the Bomb							
Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extensions Image: Construction back Tricep Extension back T	19	Clap or Plyo Push-ups							
2 One-arm Balance Push-ups	20	Slo-mo Throws							
	21	Front-to-back Tricep Extensions							
B Fly row Presses	22	One-arm Balance Push-ups							
	23	Fly row Presses							

24	Dumbell Cross-body Blows				
	Ab Ripper X				
	Completed >>>>>>>>				
	[Click here to go back to the Mair	Page]			
	Comments >>>>>>>>				

ek 7	Wee	k 10	Wee	k 12
Weight	Reps		Reps	Weight

StepExerciseNumeer SNumeer S <th colspan="8">Power 90X - Back & Biceps Workout</th>	Power 90X - Back & Biceps Workout							
01Wide Front Pull-upsImage: state stat	Step	Exercise					We	
02LawnmowersImage: section of the section of th			Reps	Weight	Reps	Weight	Reps	
O3Twenty onesIIII04One-arm Cross-body CurlsIIIII05Switch Grip Pull-upsIIIII06Elbows-out LawnmowersIIIII07Standing Bicep CurlsIIIII08One-arm Concentration CurlsIIIII09Corn Cob Pull-upsIIIII10Reverse Grip Bent-over RowsII	01	Wide Front Pull-ups						
Ore-arm Cross-body CurlsImage: Constant of the second	02	Lawnmowers						
05Switch Grip Pull-upsImage: standing Bicep CurlsImage: sta	03	Twenty ones						
O6Elbows-out LawnmowersIII07Standing Bicep CurlsIIII08One-arm Concentration CurlsIIII09Corn Cob Pull-upsIIII10Reverse Grip Bent-over RowsIIII11Open Arm CurlsIIII12Static Arm CurlsIIII13Towel Pull-upsIIII14Congdon LocomotivesIIII15Crouching Cohen CurlsIIII16One Arm Corkscrew CurlsIIII18Seated Bent-over Back FlysIIII19Curl-up/Hammer DownsIIII10Hammer CurlsIIII14SupermanIIII15Crouching Cohen CurlsIII16One Arm Corkscrew CurlsIII17Chin-upsIIII18Seated Bent-over Back FlysIII19Max Rep Pull-upsIIII10Hammer CurlsIIII19SupermanIIII19SupermanIIII19SupermanIIII <td< td=""><td>04</td><td>One-arm Cross-body Curls</td><td></td><td></td><td></td><td></td><td></td></td<>	04	One-arm Cross-body Curls						
O7Standing Bicep CurlsIIIII08One-arm Concentration CurlsIII <td>05</td> <td>Switch Grip Pull-ups</td> <td></td> <td></td> <td></td> <td></td> <td></td>	05	Switch Grip Pull-ups						
ORE-arm Concentration CurlsImage: Consection Code Pull-upsImage: Consection Code Pull-upsImage: Code Pull-ups	06	Elbows-out Lawnmowers						
O9Corn Cob Pull-upsIII10Reverse Grip Bent-over RowsIII11Open Arm CurlsIII12Static Arm CurlsIII13Towel Pull-upsIII14Congdon LocomotivesIII15Crouching Cohen CurlsIII16One Arm Corkscrew CurlsIII17Chin-upsIII18Seated Bent-over Back FlysIII19Curl-up/Hammer DownsIII20Hammer CurlsIII21Max Rep Pull-upsIII22SupermanIII	07	Standing Bicep Curls						
Independent over RowsIndependent over Row	08	One-arm Concentration Curls						
IndexIndexIndexIndexIndex11Open Arm CurlsIndexIndexIndexIndex12Static Arm CurlsIndexIndexIndexIndexIndex13Towel Pull-upsIndexIndexIndexIndexIndexIndexIndex14Congdon LocomotivesIndexInd	09	Corn Cob Pull-ups						
12Static Arm CurlsImage: Arm Curls <td>10</td> <td>Reverse Grip Bent-over Rows</td> <td></td> <td></td> <td></td> <td></td> <td></td>	10	Reverse Grip Bent-over Rows						
Image: constraint of the section of	11	Open Arm Curls						
14Congdon LocomotivesIII15Crouching Cohen CurlsIII16One Arm Corkscrew CurlsIII17Chin-upsIII18Seated Bent-over Back FlysIII19Curl-up/Hammer DownsIII20Hammer CurlsIII21Max Rep Pull-upsIII22SupermanIII	12	Static Arm Curls						
15Crouching Cohen CurlsImage: Constant of the sector	13	Towel Pull-ups						
16 One Arm Corkscrew Curls 17 Chin-ups 18 Seated Bent-over Back Flys 19 Curl-up/Hammer Downs 20 Hammer Curls 21 Max Rep Pull-ups 22 Superman	14	Congdon Locomotives						
17Chin-upsImage: Chin-upsImage: Chin-upsImage: Chin-ups18Seated Bent-over Back FlysImage: Chin-up/Hammer DownsImage: Chin-up/Hammer DownsImage: Chin-up/Hammer Downs19Curl-up/Hammer DownsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls20Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls21Max Rep Pull-upsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls22SupermanImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls23SupermanImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls24SupermanImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls25SupermanImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls26SupermanImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls26SupermanImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls27SupermanImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer CurlsImage: Chin-up/Hammer Curls28SupermanImag	15	Crouching Cohen Curls						
18 Seated Bent-over Back Flys Image: Curl-up/Hammer Downs Image: Curl-up/Hammer Downs Image: Curl-up/Hammer Curls 20 Hammer Curls Image: Curl-up/Hammer Downs Image: Curl-up/Hammer Curls Image: Curl-up/Hammer Curls 21 Max Rep Pull-ups Image: Curl-up/Hammer Curls Image: Curl-up/Hammer Curls Image: Curl-up/Hammer Curls 22 Superman Image: Curl-up/Hammer Curls Image: Curl-up/Hammer Curls Image: Curl-up/Hammer Curls	16	One Arm Corkscrew Curls						
19 Curl-up/Hammer Downs 20 Hammer Curls 21 Max Rep Pull-ups 22 Superman	17	Chin-ups						
20 Hammer Curls 21 Max Rep Pull-ups 22 Superman	18	Seated Bent-over Back Flys						
21 Max Rep Pull-ups 22 Superman	19	Curl-up/Hammer Downs						
22 Superman	20	Hammer Curls						
	21	Max Rep Pull-ups						
23 In-Out Hammer Curls	22	Superman						
	23	In-Out Hammer Curls						

24	Strip Set Curls				
	Ab Ripper X				
	Completed >>>>>>>>>				
	[Click here to go back to the Ma	in Calenda	r Page]		
	Comments >>>>>>>>>				

ek 7	Wee	k 10	Wee	k 12
Weight	Reps		Reps	Weight

Power 90X - Cardio X Workout									
r L	Week 1	Week 2	Week 3	Week 9	Week 11				
Completed >>>>>>>>									
[Click here to go back to the Mair	n Calendar Pa	ge]							
Comments >>>>>>>>									

Power 90X - X Stretch Workout								
	Week 1	Week 2	Week 3	Week 4 (Thu)	Week			
Completed >>>>>>>>								
[Click here to go back to the Main	n Calendar Pa	ige]						
Comments >>>>>>>								

4(Sat)	Week 5	Week 6	Week 7	Week 8 (Thu)	Week 8 (Sat)	Week 9	Wee
					1		

k 10	Week 11	Week 12	Week 13 (Thu)	Week 13 (Sat)