

Power 90X - Classic Routine Workout

		Tuesday			Wednesday	
Phase I	Main	Week 1	20-Jun	1	21-Jun	2
		Week 2	27-Jun	8	28-Jun	9
		Week 3	4-Jul	15	5-Jul	16
	Recovery	Week 4	11-Jul	22	12-Jul	23
Phase II	Main	Week 5	18-Jul	29	19-Jul	30
		Week 6	25-Jul	36	26-Jul	37
		Week 7	1-Aug	43	2-Aug	44
	Recovery	Week 8	8-Aug	50	9-Aug	51
Phase III	Main	Week 9	15-Aug	57	16-Aug	58
		Week 10	22-Aug	64	23-Aug	65
		Week 11	29-Aug	71	30-Aug	72
	Recovery	Week 12	5-Sep	78	6-Sep	79
	The Final Stretch	Week 13	12-Sep	85	13-Sep	86



Day 01: 20-Jun-2006 <<< Enter Start Date
 Day 30: 19-Jul-2006
 Day 60: 18-Aug-2006
 Day 90: 17-Sep-2006

Purpose: This sheet was designed to supplement or replace the Classic Routine. I should be programmed with the other workout schedule.

Instructions: To begin using this sheet, follow these instructions:

- 1) Start by entering the date that you plan on starting your workout.
 - > The rest of the calendar will be automatically filled in.
 - > The sheet will now customize the Day of the Week to SATURDAY as the Day of the Week.
 - > The number of the day that you are on also is recorded.
- 2) On Day 1 of Week 1 in the calendar, click on the "Chest & Back" link.
 - > Example: I started on 9-May, so I just click on the 9-May link.
 - > You will be taken to the sheet with the "Chest & Back" workout.
- 3) PUSH PLAY!!! And begin recording your progress.
 - > If you want to make a note on a particular exercise, just right-click the cell and select "Insert Comment".
- 4) Once you have completed your workout, place an "X" in the "COMPLETED" column.
 - > Placing an "X" in the COMPLETED >>>>>> column.
- 5) Click the link at the bottom of the "Chest & Back" workout sheet to return to the main calendar.

> 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
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

ate Here!

Link: Fit Test

e the paper worksheets used during the P90X program. For right now, the only workout I have be able to get the other 2 done sometime soon? You can still use this, but the calendar is not

s

ng your P90X workout: Next to **Day 01:** above

lled in for you.

week based on the start date. This way, if you start on Saturday w/ Day 1, the sheet will show

reflected on the calendar

DATE

he calendar date to take me to the first workout.

& Back" workout sheet.

cise, just add a comment to the cell. (See Microsoft's Help feature if you don't know how. It's omment"

X in the COMPLETED >>>>>>> cell that coincides with your workout day.

ow will automatically update your progress on the "Full Routine" Sheet

workout to take you back to the "Full Routine" sheet.

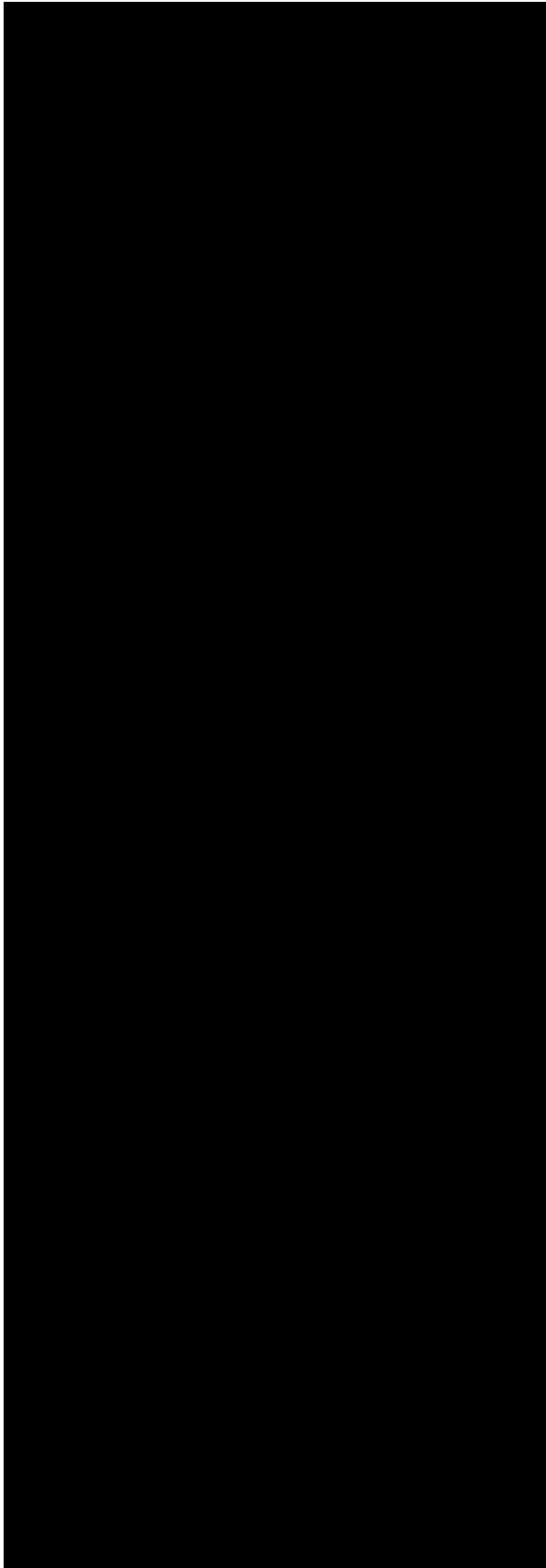
. you have officially X'd your workout for the day!

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

results 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 Day 90	
Heart Rate		bps		
Pull-Ups				
Vertical Leap		IN		
Push-Ups				
Toe Touch		IN		
Wall Squat		Min:Sec		
Bicep Curls		# / Weight		
Abs: In & Outs				

Nutrition 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	Daily Activity Burn	Energy Am
165	1650	330	2580

Your Energy Level	Nutrition Level
1800-2399	LEVEL I
2400-2999	LEVEL II
3000+	LEVEL III

Your Nutrition Level = **LEVEL II**

[\[Click here to go back to the Main Calendar Page\]](#)

bps

IN

IN

Min:Sec

/ Weight

ount

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

(wearing clothes? Y/N)

(measured at midpoint)

(measured at midpoint)

(flexed, measured at peak of bicep)

(flexed, measured at peak of bicep)

Power 90X - Chest & Back Workout

Step	Exercise	Week 1		Week 2		Week 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 >>>>>>>>

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[\[Click here to go back to the Main Calendar Page\]](#)

Comments >>>>>>>>

Power 90X - Plyometrics Workout

	Week 1	Week 2	Week 3	Week 5	Week 6	Week 7
Completed >>>>>>>>>						

[\[Click here to go back to the Main Calendar Page\]](#)

Comments >>>>>>>>>	
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Week 7	Week 9	Week 10	Week 11	Week 12

Power 90X - Shoulders & Arms Workout

Step	Exercise	Week 1		Week 2		Week 3
		Reps	Weight	Reps	Weight	Reps
01	Alternating Shoulder Presses					
02	In & Out Bicep Curls					
03	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 ROUND

13	In & Out Straight-arm Shoulder Flys					
14	Congdon Curls					
15	Side Tri-rises					
	Ab Ripper X					

Completed >>>>>>>>>

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[\[Click here to go back to the Main Calendar Page\]](#)

Comments >>>>>>>>>





Power 90X - Yoga X Workout

Week 1	Week 2	Week 3	Week 4
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Completed >>>>>>>>

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[\[Click here to go back to the Main Calendar Page\]](#)

Comments >>>>>>>>

(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)

Power 90X - Legs & Back Workout

Step	Exercise	Week 1		Week 2		Week 3
		Reps	Weight	Reps	Weight	Reps
01	Balanced Lunges					
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	80-20 Seibers Speed Squat					

22	60-20 Seibers Speed Squat					
23	Switch Grip Pull-ups					
	Ab Ripper X					

Completed >>>>>>>>

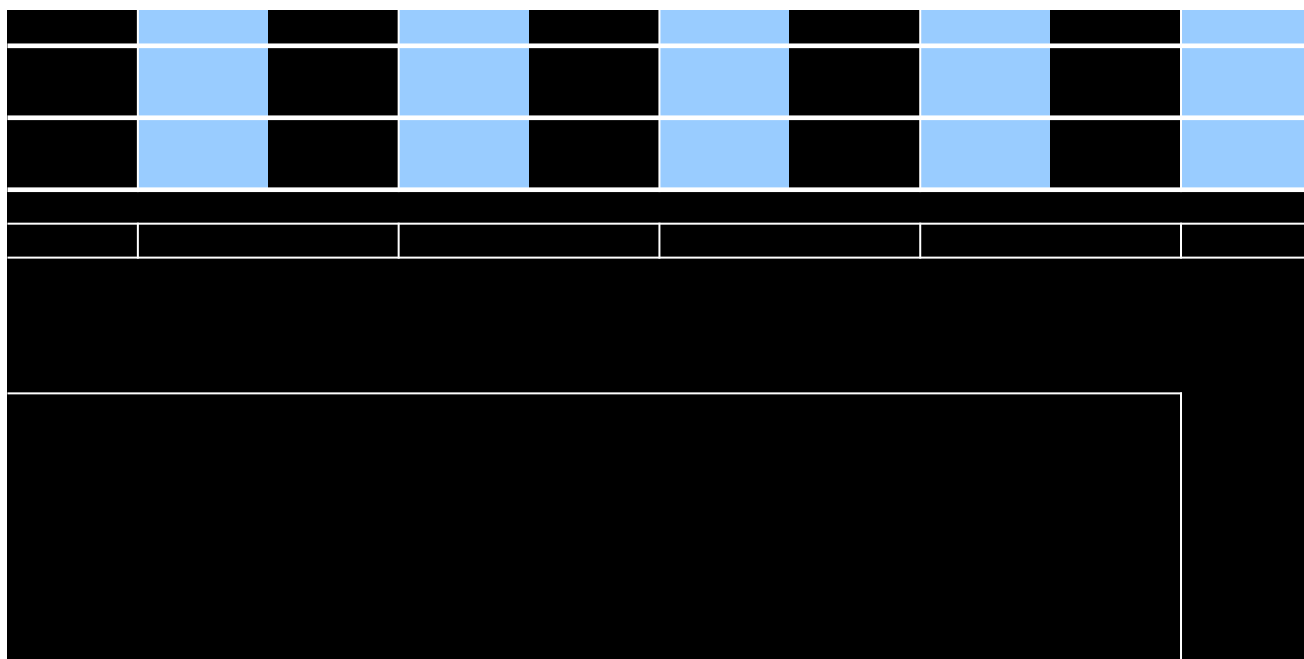
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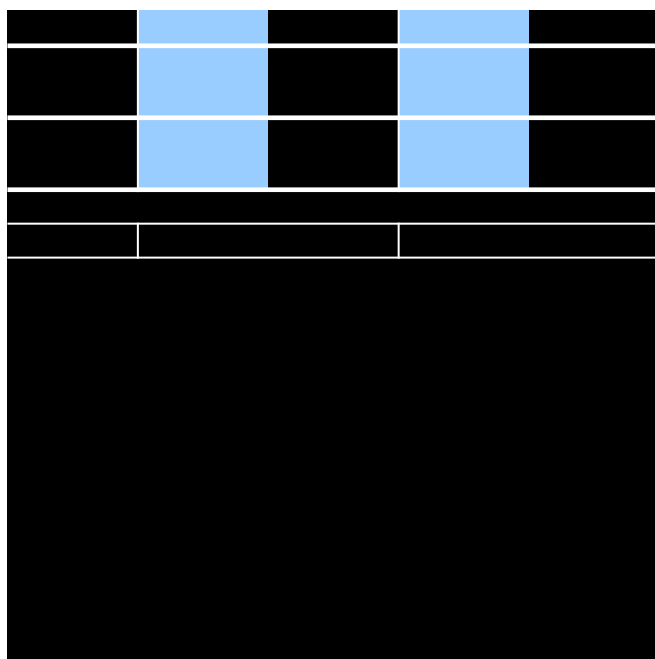
Comments >>>>>>>>

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[illegible]



[illegible]



Power 90X - Kenpo X Workout

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
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Completed >>>>>>>>

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[\[Click here to go back to the Main Calendar Page\]](#)

Comments >>>>>>>>

Power 90X - Core Synergistics Workout

	Week 4 (Tue)	Week 4 (Fri)	Week 8 (Tue)
Completed >>>>>>>>			

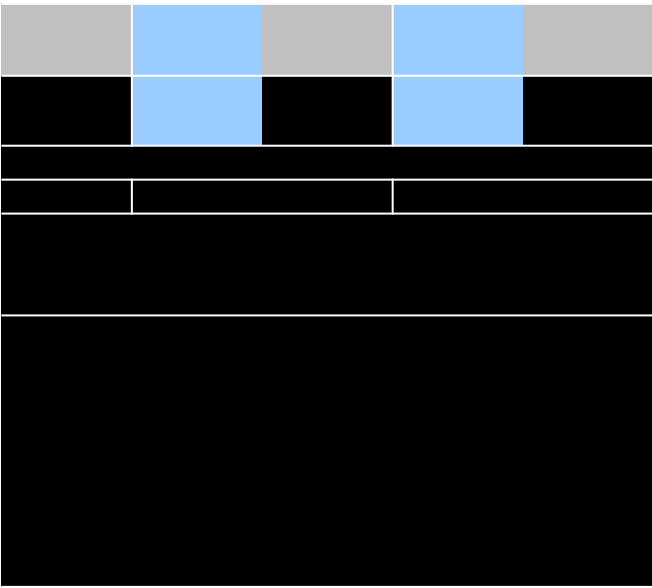
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Comments >>>>>>>>	
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Week 8 (Fri)	Week 13 (Tue)	Week 13 (Fri)

Power 90X - Chest, Shoulders & Triceps Workout

Step	Exercise	Week 5		Week 6		Week 7
		Reps	Weight	Reps	Weight	Reps
01	Slow motion 3-in-1 Push-ups					
02	In & Out Shoulder Flys					
03	Chair Dips					
04	Plange Push-ups					
05	Pike Presses					
06	Side Tri-rises					
07	Floor Flys					
08	Scarecrows					
09	Overhead Tricep Extensions					
10	Two-twitch Speed Push-ups					
11	Y-Presses					
12	Lying Tricep Extensions					
13	Side-to-side Push-ups					
14	Pour Flys					
15	Side-leaning Tricep Extensions					
16	One-arm Push-ups					
17	Weighted Circles					
18	Throw the Bomb					
19	Clap or Plyo Push-ups					
20	Slo-mo Throws					
21	Front-to-back Tricep Extensions					
22	One-arm Balance Push-ups					
23	Fly row Presses					



Power 90X - Back & Biceps Workout

Step	Exercise	Week 5		Week 6		Week 7
		Reps	Weight	Reps	Weight	Reps
01	Wide Front Pull-ups					
02	Lawnmowers					
03	Twenty ones					
04	One-arm Cross-body Curls					
05	Switch Grip Pull-ups					
06	Elbows-out Lawnmowers					
07	Standing Bicep Curls					
08	One-arm Concentration Curls					
09	Corn Cob Pull-ups					
10	Reverse Grip Bent-over Rows					
11	Open Arm Curls					
12	Static Arm Curls					
13	Towel Pull-ups					
14	Congdon Locomotives					
15	Crouching Cohen Curls					
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					
23	In-Out Hammer Curls					

24	Strip Set Curls					
	Ab Ripper X					
Completed >>>>>>>>> [Click here to go back to the Main Calendar Page]						
Comments >>>>>>>>>						

[illegible]

Power 90X - Cardio X Workout

Week 1	Week 2	Week 3	Week 9	Week 11
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Completed >>>>>>>>

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Comments >>>>>>>>

Power 90X - X Stretch Workout

Week 1	Week 2	Week 3	Week 4 (Thu)	Week
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Completed >>>>>>>>

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[\[Click here to go back to the Main Calendar Page\]](#)

Comments >>>>>>>>

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

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