



P90X

This program is for YOU, if you have achieved a respectable level of fitness.* Whether you participate in athletic activities, work a physically demanding job, or have previously completed an exercise program such as Power 90® or Slim in 6®, P90X is the perfect tool to quickly build on your fitness accomplishments.

WHO EXACTLY IS P90X FOR?

Even if you've already got the physical ability to participate, you'll still need to bring an extreme attitude and commitment to get to the P90X finish line.

*If you're unsure whether or not you are in good enough condition to take on this extreme fitness program, see the minimum suggested requirements in the Fit Test section of this guidebook. If you are unable to perform the minimum required reps for most of the exercises (or find the need to call the paramedics within minutes after popping in the first video), P90X may still be for you...but not just yet. In such cases, we would advise you to complete Beachbody's Power 90 or Slim in 6 before progressing to this advanced program. Finally, it's always best to consult with your physician prior to beginning any exercise program, especially one as intense as P90X.

P90X is an extreme fitness program designed for individuals in top physical condition and health and, therefore, should NOT be attempted by someone who does not meet the minimum fitness requirements outlined in this guidebook or by someone who has any history of health problems, including, but not limited to, heart, respiratory, knee, shoulder, or spinal (back or neck) problems. This warning must not be discounted. There are many fitness alternatives if you have any physical or health condition or are prone to injuries—but P90X is NOT one of them. The user assumes all risk of injury in the use of this program.

DO YOU REALLY HAVE TO READ THIS?

Unlike your VCR manual, this guidebook is required reading. This is a vital tool that will outline the safest and most accurate path for you to succeed in this program. And you won't just be reading it; you'll be using it to give your journey direction and guidance every step of the way. Just be sure to put it down when you're actually doing the exercises.

yes

WHAT CAN YOU EXPECT?

To get in the best shape of your life.

To develop skills, coordination, and flexibility you never dreamed possible.

simple:

To sharpen your knowledge of smart eating and discover healthy diet choices.

And you can expect to sweat. A lot.

Just keep in mind that not all men and women are created equal. We come in a variety of shapes, sizes, and strengths, and therefore should have different expectations when it comes to results. P90X recognizes these differences and is designed to ensure that each individual is able to achieve their personal fitness goal. And that means YOU will achieve your goal.

From intense weight training to extreme yoga, you'll experience a variety of unique and challenging moves that will slim, strengthen, tone, firm, and add muscle mass for those who want to look like Tony. We will teach you how to control your results so you get what you want. With P90X, you can take your body where you want it to go.



P90X is unlike any other exercise program ever devised. With a total of 12 separate workouts containing hundreds of unique movements, this comprehensive fitness program will vault you to the next level and then some.

HOW DOES P90X GET YOU THERE?

Two words: "muscle confusion." By providing an extensive variety of different moves that take time to master, P90X is continually challenging the body's muscles into new growth. The more you confuse the muscle, the harder your body has to work to keep up; the more variety you put into your workout, the better and faster your results will be.

confused?

The flaw with many fitness products is that they lead to a "plateau" where the body becomes accustomed to the routines, resulting in diminished effectiveness. P90X avoids this plateau effect by switching things up to keep the body guessing for the entire 90 days. Which means IT NEVER GETS EASY. By breaking old routines and opening new doors, secondary and tertiary

(that's "thirdiary," but thirdiary is not a word for some reason) muscles are

KEEP READING

constantly being activated and developed. P90X will continually challenge your body with its muscle confusion technique, utilizing what we call training "blocks."

Each block consists of three weeks of intensity, followed by one week of recovery. [Note: Don't be mistaken by thinking that the term "recovery" means lying on a hammock all day while sipping drinks with tiny umbrellas in them. The "recovery" week is defined in more detail later in this section.]

KEEP READING

You will complete 3 training blocks in your 90 days, each building upon gains made in the previous block. Nothing stays the same for long in this program. Routines are frequently switched, and aching muscles pay the price early on. But for those animals able to hang in there and give it all they've got for 90 days, the payoff will be tremendous.

There are also 3 phases within each block. 1: The Adaptive phase, when the body learns how to do the new set of exercises; followed by 2: the Mastery phase, when the body responds to these exercises and experiences changes; and finally, 3: the Recovery phase, when muscular healing occurs and your body grows strong, ready to be shocked again.

Remember that your body only gets stronger while at rest, so the value of a well-designed recovery week—like the one in P90X—is essential to getting the most out of any exercise program. Don't let the name fool you; P90X's recovery week is no walk in the park. It will probably challenge you as much as any other week in this program. However, it will provide a break from heavy resistance training and will allow the microtrauma (small tears in the muscle) accumulated over the prior few weeks to heal so you can push even harder during the next training block.



EXERCISE IS THE ARCHITECT. RECOVERY IS THE BUILDER.

"All well-organized training programs work in blocks in order to force your body to continually adapt to new exercise movements, cadences, or resistance. Increasing the speed, duration, or weight added to a given exercise is an obvious extension, and an important part of the process. But new movements are probably the most vital components of each block, as they are most shocking to the body."

Steve Edwards
Beachbody Fitness Advisor

Any time you present your body with a new physical challenge, it must learn to develop a new set of "engrams," which are neuromuscular patterns developed in order to do the new movements. This learning process is referred to as an adaptive phase, which usually lasts 2 to 4 weeks, but may last as long as 10 weeks for untrained athletes. For this reason, basic workout programs change your schedule less often.

**EXERCISE IS THE ARCHITECT.
RECOVERY IS THE BUILDER.**

The more advanced the program, the shorter the training blocks, because a finely tuned body will adjust to new exercises much more quickly. P90X follows the "three weeks on, one week off" pattern favored by athletes at the pinnacle of sport, such as cyclist Lance Armstrong.



The body always follows an adaptive phase with a dramatic growth phase. It then will naturally plateau as these movements become second nature. In P90X, we call the first block the adaptive phase. During the first month, your body will be in a state of neuromuscular confusion. Then, just when it feels it's getting it down, you'll switch again. In the successive blocks you'll adapt more quickly, leading to longer growth phases. This way, instead of hitting a plateau somewhere along the line, your growth curve will continue to climb skyward.

The charts to the right identify the dramatic growth variation between the traditional fitness program and P90X.

TRADITIONAL FITNESS PROGRAM

In a traditional fitness program, this sequence leads to a plateau. See Figure_1

- 1_Adaption and Mastery phase
- 2_Plateau (leveling off of growth)

WITH P90X

With P90X there is NO plateau. See Figure_2

- | | |
|------------------------------|------------------------------|
| 1_Adaption and Mastery phase | 4_Recovery phase* |
| 2_Recovery phase* | 5_Adaption and Mastery phase |
| 3_Adaption and Mastery phase | 6_Recovery phase* |

*Allows muscles to recover to peak strength, so you're ready for the intensity of the next adaptive phase.

With P90X you will:

- _Use resistance for muscle tone and growth**
- _Execute isometric and dynamic bodyweight exercises for strength and power
- _Perform yoga, martial arts, gymnastics, and Pilates moves for coordination, balance, flexibility, core stabilization, and cardiovascular efficiency
- _Burn fat and expose your 6-pack

By presenting so many complex and challenging movements, P90X forces you to continually adapt, ensuring new muscle growth and strength gains.

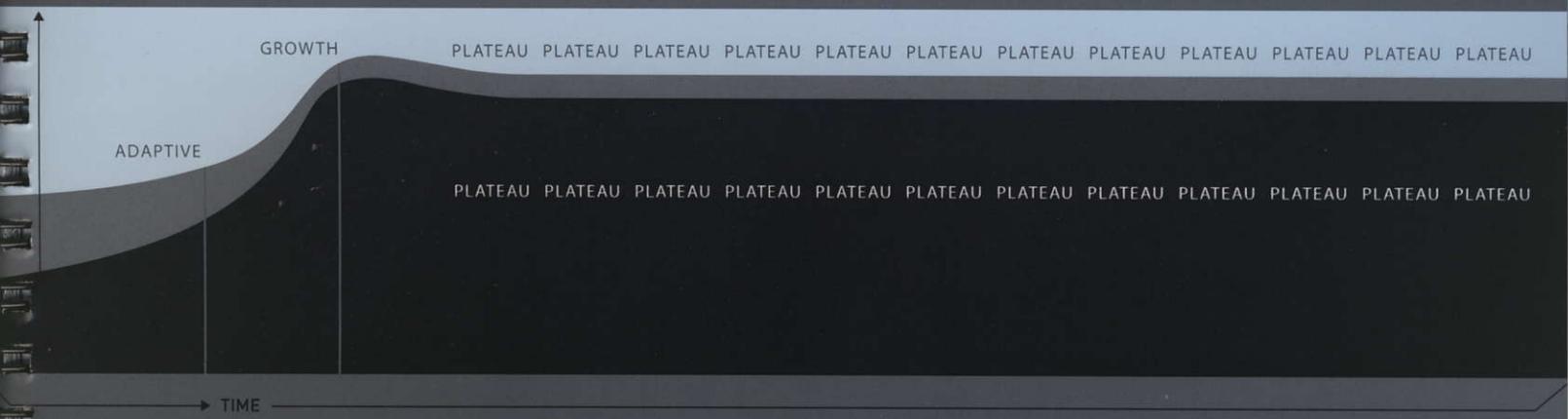


figure 1

TRADITIONAL PLATEAU EFFECT



figure 2

ACCELERATED PROGRESS



**When we say growth, we are NOT talking about bulk. We're talking about stamina and strength.

However, if your top priority is to add some size to your physique, you can certainly achieve that with P90X as well.

aka – eat right, or why bother?

Just as this unique workout approach plays a vital role in maximizing your results, so does the food you choose to eat each day. Maintaining a healthy and nutritionally balanced diet designed to support extreme fitness is an integral part of this program. There is NO compromising in this area. By combining the right foods along with a sufficient amount of rest, P90X can propel you into the best shape of your life. If you keep eating junk, you'll still get fit—but you probably won't look it.

NUTRITION

You'll find the P90X Nutrition Plan comprehensive yet surprisingly easy to follow, as you'll have plenty of delicious foods to choose from (although we can pretty much assure you none of them will have cream filling). P90X isn't about restricting calories or crash diets; it's about making the proper food choices to fuel your body for maximum performance. Did we mention there is NO compromising in this area? We mean it.

"The food and snacks you put in your mouth will directly affect the quality of your life. Years of studies have shown that eating high-quality foods greatly reduces the risk and possibility of developing a variety of serious health problems. High-quality foods and supplements assist in lowering fat stores, losing weight, increasing energy, recovering from workouts, and maintaining healthy bones, muscles, and joints. Supplementation and eating well also reduces feelings of depression, sadness, and anxiety while promoting psychological well-being.

FOOD AS FUEL

The material in the P90X Nutrition Plan will show you what kinds of foods to eat and when to eat them. It will also explain why the supplements are a critical component for achieving maximum results. Showing up for six workouts each week requires discipline. It's also important to show restraint and discipline when it comes to your choices regarding food and supplementation. Your body doesn't run on exercise; it runs on the fuel you put in your mouth.

SUCCESS WITH P90X HINGES ON 3 THINGS

1 **Variety**— This program provides plenty of that.

2 **Intensity**— I will show you how to focus on certain techniques that will help you reach "the Line" without going over it. Then it's up to you to Bring It!

3 **Consistency**— You must Keep Crushing Play six days a week. Missing workouts, eating well only on occasion, and forgetting to take your supplements will adversely affect your energy, recovery, and results.

If you bring the same level of consistency and discipline to your daily fuel intake as you do to the workouts, you'll greatly reduce a lifetime of health risks, improve your overall quality of life, and see results from this program you never thought possible."

Tony Horton
Creator of the P90X Fitness Routines

To give you a better idea of what's to come, this section presents a brief overview of the P90X workouts. A more in-depth look at each workout is discussed later in this guidebook.

WORKOUT OVERVIEW

01 CHEST & BACK Workout Time _52:50

It's all about pushing and pulling during this resistance workout. With 12 dynamic exercises to strengthen, tighten, tone, and build the major muscles of the upper torso, you'll quickly feel the burn. While the majority of exercises will be either push-ups or pull-ups, there are a few that will require the use of dumbbells or bands.

02 PLYOMETRICS Workout Time _58:36

You'd better Bring It when you take on this dynamic cardio workout (some call it "the Beast"). With over 30 explosive jumping moves, you won't be spending much time on the ground during this routine. Just be sure to wear some shock-absorbing footwear and work with a good shock-absorbing mat.

03 SHOULDERS & ARMS Workout Time _59:53

Get out those dumbbells and/or bands. This workout incorporates a potent combination of pressing, curling, and fly movements that will do wonders for the development of the deltoid muscles (shoulders) and the biceps and triceps (arms).

04 YOGA X Workout Time _92:24

If you think this will be the day to relax and take a breather, forget it. This yoga workout will challenge you like never before. You'll sweat, twist, stretch, and hold all kinds of unfamiliar positions, but you'll leave feeling energized, invigorated, and maybe even a little enlightened.

05 LEGS & BACK Workout Time _58:56

Get ready to squat, lunge, and pull during this unique series of exercises for both the lower and upper body. While the main focus lies in strengthening and developing the glutes, quads, hamstrings, and calves, there's also a handful of some highly effective pull-up exercises to give your legs a quick breather while you work the upper body. Some of the leg exercises during this routine require the use of dumbbells or bands.

06 KENPO X Workout Time _58:46

The word *Kenpo* means "law of the fist," and that's exactly what you'll be throwing during this cardio-intense workout. That and a whole bunch of kicks, elbows, knees, and forearms. You'll learn a highly effective way to defend yourself, while at the same time getting one heck of a total-body, super cardio workout.



07 X STRETCH
Workout Time _57:32

Keeping limber and loose is vital to the success of any fitness program. Aside from the stretching exercises that take place before, during, and after each P90X workout, we've created this entire 40-minute stretching routine to minimize the potential for injury and keep you at the top of your game.

08 CORE SYNERGISTICS
Workout Time _57:27

This total-body workout incorporates cardio, stretching, and resistance to strengthen the core muscles (the muscle groups that girdle the waistline and back). Building a solid foundation with strong supporting muscles is the goal of this state-of-the-art workout. By strengthening your core, you'll be more prepared to tackle the resistance and cardio moves throughout this program, while reducing the chance of injury. You'll also improve your flexibility, balance, and coordination—all vital to the success of your total-body development.

09 CHEST, SHOULDERS & TRICEPS
Workout Time _55:44

You'll want to hit the beach and show off your lean, ripped muscles after finishing this intense upper-body blowout. This routine combines a variety of fun and challenging moves that will hit new muscles to build up your strength and definition. Push-ups, dips, flys, and tricep kickbacks constitute the majority of the exercises.

10 BACK & BICEPS
Workout Time _51:36

If Popeye had a favorite P90X workout, this would be it. With a boatload of curls and pull-ups, you'll add some real ammo to your guns. But don't worry, ladies—by using lighter weight, you can focus on toning and tightening those upper arms without adding the size that most guys covet. Additionally, this workout also provides some great definition to the back.

11 CARDIO X
Workout Time _43:18

In this workout, you'll keep your heart rate well below its anaerobic threshold, the point where strength gains are made and muscle fiber is broken down. Instead, you'll sweat comfortably as your body pumps oxygenated blood through your system, flushing out lactic acid and increasing your number of capillaries. This routine can be performed in addition to your standard P90X workload, or as a substitute if your body needs a break.

12 AB RIPPER X
Workout Time _16:07

This quick routine takes only 15 minutes to complete, yet still hits all areas of the midsection to burn the fat and tone the muscle. From sit-ups to Pilates moves, you'll find everything you need to flatten your stomach and get the 6-pack you've always wanted.

MAPPING OUT YOUR NEXT 90 DAYS

Consider this the starting line to the extreme physical and mental challenge ahead.

It's time to show what you've got. During this phase, your goal should be to master each movement and finish the workouts in one piece. So for now, focus less on the amount of weight you are lifting and instead try to achieve your desired number of repetitions while maintaining strict form. It may take some time to get used to the rigors of this program, but with patience and determination, you will go the distance.

WEEKS 1-3

PHASE

1

- DAY_1 Chest & Back, Ab Ripper X
- _2 Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

After three weeks of taking a pounding, your body will be begging for some relief—and this transition comes just in time. Don't expect this week to be easy. As a matter of fact, it may seem harder than the previous weeks if cardiovascular fitness is your weak area. But it will allow your body to recover from the hard resistance training and will enhance your adaptive process. You'll also focus on tightening the entire midsection into a hard, ripped sheet. Core strength, balance, and flexibility are the focus of the week as your body increases its stabilizer-muscle strength during this phase.

recovery and ab focus

WEEK 4

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

2 PHASE



It's time to step up to the big leagues and pump some heavier iron. If you really want to add some size, now is the time to go for it. Use enough weight on each exercise so that you max out at 8 to 10 reps. If you just want to continue developing lean muscle, use enough weight so that you max out between 12 and 15 reps. Never do 11... (we kid you). Also keep in mind that your body only builds muscle while at rest. So try to get at least seven hours of sleep—which should be easy, because this schedule will wipe you out.

WEEKS 5-7

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

Once again, your body will thank you for a reprieve from the previous three weeks. This second recovery week brings back the workouts that focus on those seldom-used muscles, including the entire midsection. At this point you should be more comfortable performing the core exercises, and by the end of the week you will begin to feel stronger and ready to hit the weights in the next phase.

recovery and ab focus

WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

MAPPING OUT YOUR NEXT 90 DAYS

PHASE

3

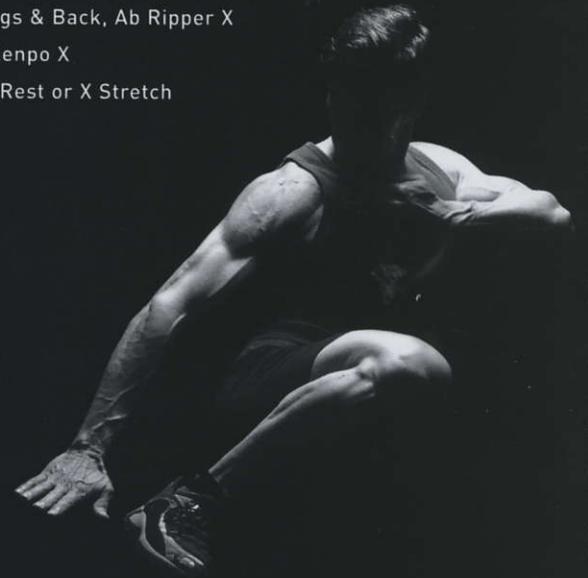
"Extreme muscle confusion" is what this phase is all about. At the onset of this stage, you should be rested and ready to leave everything you've got on your exercise mat. No holding back. This will be the time to push to exhaustion and near muscle failure on every single set. Give it your maximum effort, each and every day, and you will know the true meaning of X. C'mon—we dare you.

WEEKS 9 AND 11

- DAY_1 Chest & Back, Ab Ripper X
- _2 Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

WEEKS 10 AND 12

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch



no pain

Often you will hear the expression "No pain, no gain" when it comes to achieving fitness results. Understand that this does not refer to the kind of pain that a trapeze artist would experience after missing the net. What it does refer to is muscle burn that is common during intense workouts. It's a GOOD pain. Let's review: missing-the-net pain, bad; muscle-burn pain during intense exercise, good!

no gain

the final stretch

By this point you should be in the best shape of your life, but it's not yet the time to prove it. Remember, strength improves and muscles grow while at rest. One more recovery week will get you into optimal condition to take your final Fit Test and "after" photos. And should you continue to move forward in your P90X training, this recovery week is a must.

WEEK 13

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

Given your newfound knowledge about the adaptive phase, this is an understandable question and a valid one. There are a few reasons why you may want to extend one or more phases of the program. Perhaps you had trouble learning the movements, had an "off" week when you didn't feel you pushed hard, got sick, or were just plain busy. It can be effective to continue a phase for an extended week or two, no problem. But never do a phase longer than six weeks. You'll always get better results by shaking things up on a regular basis.

CAN I EXTEND EACH PHASE?

Confused? Good, you're getting it—or at least your muscles are.

SUPPLEMENTS

why

this

program

really

requires

supplements

P90X is an extremely intense fitness program. Sheer will and determination may get you to the finish line, but to achieve the best results, you've got to have the proper quality and quantity of nutrition. We make these supplements optional, so you have a choice. But know that P90X supplements were designed for this program and will supply your body with the necessary nutrients to give you added strength, energy, and stamina for each workout.

Keep in mind, supplements are not drugs. A prescribed drug is taken when your body or mind is no longer capable of functioning normally. Supplements are taken to subtly assist the mind and body to naturally reach beyond normal everyday activities.

The cornerstone supplements identified below have been created to help you get the most from your efforts throughout this program.

Note: There are NO ephedra-based products in any of the supplements we offer. And frankly, we don't trust a supplement that promises to do something for nothing. The P90X system is what we like to call "supplement-assisted exercise."

P90X SUPPLEMENTS

P90X peak health formula

This formula is a complete multi-vitamin supplement (in capsule form) with added antioxidants, plant extracts, and other important phytonutrients, some of which are simply unobtainable in these amounts from a normal diet. This highly potent supplement contains over 45 nutrients to supply comprehensive support for all areas of the body. Additionally, this formula assists anti-aging, anti-stress, cardiovascular, energy, immune system, and memory support. There is no other formula we know of with so many quality ingredients, in such high amounts, that covers as many bases. Taken daily, this unique blend of vitamins and minerals will keep you at the top of your game. Just like it does for Tony.

Recommended dosage

One packet of six per day, taken either all at once or divided between two or three meals...always with food.

Extensive scientific research has shown that there is a 60-minute "window of opportunity" immediately following exercise when muscle cells are maximally primed to repair, rebuild, and adapt from a workout. This great-tasting formula was specially designed to provide the precise nutrients you'll need to achieve maximum results from your P90X workouts. Proper post-workout nutrition is a key factor in how quickly and completely your body will recover, adapt, and benefit from exercise. With 40 grams of carbs, 12 grams of protein, B vitamins, electrolytes, a host of minerals, and a dash of creatine per serving, no other recovery drink is better suited to maximize glycogen replenishment and muscle resynthesis. Don't be surprised if you find yourself working out just so you can drink this stuff.

P90X

peak

recovery

formula

Recommended dosage

One serving (two scoops), preferably within an hour after your workout.

Unlike most other energy bars on the market today, these delicious protein bars contain up to 22 grams of protein. Additionally, each bar contains no more than 5 grams of fat and no more than 200 calories. As an essential component for the growth and repair of muscle tissue, it is extremely beneficial to find healthy, great-tasting protein sources that can be consumed when a nutritious meal is unavailable.

P90X peak performance protein bars

Recommended dosage

At least one P90X Peak Performance Protein Bar a day as an alternative to a meal will naturally support your fat-loss goals while delivering healthy fuel to tone muscle.

Fitness and sports nutrition expert Mark Sisson has spent the past 20 years researching and designing state-of-the-art performance products and health-enhancing supplement products. His vast knowledge and experience in the fields of health, nutrition, and fitness has enabled him to create the perfect blend of supplements to safely and naturally enhance the results of your P90X workouts.

RECOVERY IS EVERYTHING

"When it comes to training, recovery is everything. The intense exercises in P90X require optimum recovery in order to get the most out of this extreme program. A good diet and proper rest will help to ensure that recovery, but science has discovered additional shortcuts you can use to speed up and further improve your recovery. Taking advantage of that science, we designed these P90X supplements specifically for maximizing your performance and recovery."

*Mark Sisson
P90X Supplement Designer*

Along with the P90X supplements, three additional supplements are highly recommended for optimal conditioning.

ADDITIONAL RECOMMENDED SUPPLEMENTS

With 18 grams of high-quality whey protein per serving, this is an easy way to ensure that you get enough protein in your diet to meet the rigorous demands of P90X. Additionally, the chocolate and vanilla flavors are among the best-tasting on the market. Grab a straw!

BEACHBODY'S WHEY PROTEIN POWDER

If you want to increase muscle mass or achieve maximum strength, Pure Creatine is essential, especially for the P90X program. Creatine is naturally made in our bodies to regenerate ATP during anaerobic exercise, and is found naturally in meat—but to get one serving of creatine, you'd have to eat about 30 steaks! This is becoming the most important supplement for serious athletes worldwide.

BEACHBODY'S PURE CREATINE

Our Super Formula combines glucosamine sulfate, collagen type II, and MSM in the proper ratios to be called the best joint support formula available today. Regular use of this formula can help keep your tendons and joints healthy and offset some of the effects of aging that are associated with degenerative bone and connective tissue problems. This product is especially recommended for those over the age of 40.

BEACHBODY'S JOINT SUPPORT SUPER FORMULA



The supplement-related statements above have not been evaluated by the FDA. Additionally, these products are not intended to diagnose, treat, cure, or prevent any disease. For more information about

P90X SUPPLEMENTS

nutritional supplements which can maximize your P90X results, please call Beachbody Customer Service or visit our [Web site](http://www.Beachbody.com).

800 818 5174

Beachbody.com

The following tools are recommended for use with P90X.

EQUIPMENT

With hundreds of exercise mats to choose from, only one had what it took to bring it to P90X. This high-quality, shock-absorbing mat will reduce the stress placed on your joints and tendons during the P90X Plyometrics workouts, and will provide a secure and comfortable surface for the Yoga X routines. **MANDUKA™ MAT**

Pull-ups are an integral movement for upper-body development, and for this reason P90X requires a bar that can be used for a variety of pull-up exercises. Beachbody has designed the ultimate pull-up bar to securely fit in most doorways. This valuable workout tool is ideal for performing the array of pull-up exercises used in this program. **BEACHBODY'S CHIN-UP BAR**

A major portion of P90X calls for weight resistance exercises to build strength and muscle. Depending on your fitness level, you will need a variety of dumbbells ranging in weight from 5 to 70 pounds. **DUMBBELLS**

When you're on the go and can't work out at home, resistance bands are the best alternative to dumbbells. Beachbody offers bands with ergonomic handles for maximum comfort during even the most intense movements. For men we recommend a three-band kit that includes Magenta (B4), Red (B6), and Green (B8). For women we recommend a three-band kit that includes Pink (B3), Magenta (B4), and Red (B6). **B-LINES™ RESISTANCE BANDS**

Gauge the intensity level and progress of your workout with Beachbody's reliable and easy-to-use heart rate monitor. A must for all those taking their fitness regimen to the next level. **BEACHBODY'S HEART RATE MONITOR**

For those new to yoga and the slightly less flexible, these blocks offer added support to assist with balance while holding certain poses. **YOGA BLOCKS (2)**

The reduction of body fat is one of the primary goals of P90X. Getting an accurate reading on your body fat percentage will allow you to clearly identify your fat-loss accomplishments throughout this program. **BODY FAT TESTER**

If your chest is already strong enough to knock out three sets of 20+ push-ups, these stands present the ideal tool to intensify your movements. They can also be a benefit to those who suffer from wrist ailments, as the position helps alleviate stress on the wrist joint. **BEACHBODY'S PUSH-UP STANDS**

LESSENING YOUR CHANCE OF INJURY

During any training program, you are at risk of getting injured. For this reason you should always err on the side of caution. P90X is going to be hard for everyone at some point. It's too varied not to take you out of your comfort zone, no matter how seasoned an athlete you are. But you can stack the odds in your favor by training smart, and following a few simple rules. *err on the side of caution*

Don't cross the threshold. The fact is that the harder you train, the closer you come to the threshold where you could become injured should you cross it. Realizing that this point exists is rule number one. You have a limit! Look out for it. Respect it.

Stay in control. There are times to push as hard as you can, but you've got to draw the line somewhere. Back off once your muscles really start to shake. At this point, you are likely to lose your ability to maintain proper form.

Maintain proper form. Never compromise form in order to finish a set. When the muscles you are working give out, it's time to stop. Don't try to engage other muscles just to finish. It's not worth it.

Warm up. If you don't feel sufficiently warm (your body should feel limber and break a light sweat), hit Pause and warm up some more. You can't over-warm up, but you can certainly under-warm up. Never let the way someone else feels cloud your judgment.

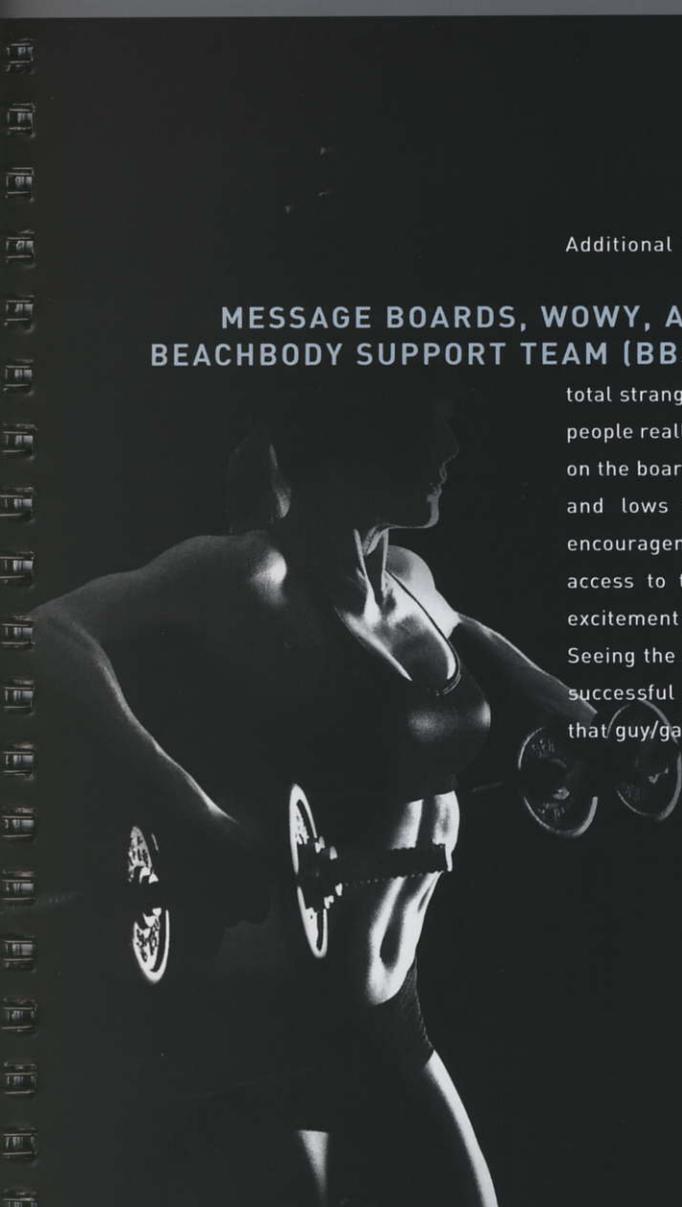
Listen to your body. No one knows it better than you do. If something feels wrong, it probably is. Learn to stop at any discomfort. Then assess the situation and decide whether it's a physical problem or whether you are just having an "off" day. This isn't a race. If you stay healthy, results will come plenty fast. If you push too hard, you can get hurt, and—BAM!—you're on the sideline. The goal is to complete this program. Don't try to peak on day 2.

As with any difficult challenge, it can be a tremendous advantage to have support from others who are going through the same program. When

SUPPORT

times are tough during P90X, having friends and family members to cheer you on every step of the way can make all the difference in getting you to the finish line.

cheer you on!



MESSAGE BOARDS, WOWY, AND BEACHBODY SUPPORT TEAM (BBST)

Additional support during your P90X journey can also be found on the Beachbody Message Boards at Beachbody.com.

While at first it may seem awkward to share your thoughts, concerns, and questions with total strangers, you'll quickly discover how helpful and totally cool these people really are. No matter how busy, how tired, or how sore you may be, on the boards you'll find a sympathetic soul experiencing the same highs and lows as you. This type of team support will give you the encouragement to persevere to the end, and it's available to anyone with access to the Internet. Once you start to see the kind of amped-up excitement people are talking about in the P90X forum, you'll be hooked. Seeing the remarkable strides made by others has proven to be a highly successful motivating force. You'll most likely find yourself saying, "If that guy/gal can do it, I sure as hell/heck can too."

In fact, now you can even schedule workouts with other P90Xers around the country—just log on to WOWY™ (Work Out With You), Beachbody's virtual gym, and make an appointment to Push Play. By arranging to "meet" online at a specific time with others who are experiencing similar P90X trials and tribulations, you'll be much more likely to stick with the program. It's a great way to chart your progress together and share your thoughts about the day's workout. With WOWY, you are never alone!

Need a coach? The BBST provides you with the personal coach of your choice. These are not fitness professionals, but people just like you who have finished a Beachbody program. You can browse through the coaching profiles and choose one that best suits your personality—perhaps someone who started in the same situation as you.

NEED A COACH?

personal

And when you really need the advice or opinion of an expert, our fitness advisor Steve Edwards and his team are on the Message Boards to provide thorough and qualified answers to help you minimize the risk of injury, choose the right mix of foods and supplements to fuel your workout, perform each exercise routine correctly to maximize your results, and clarify just about anything about fitness and nutrition. You'll even have the opportunity to personally chat with Tony Horton himself. Here you can tell the man who brings you to the brink of total exhaustion each day what's on your mind, as well as hear his entertaining words of inspiration. If he can't get you pumped and excited about your P90X workouts, you'd better check your pulse! Whether it's Tony Horton, Steve Edwards, a Beachbody coach, or a team of virtual workout partners, you'll always be able to find the support you need to successfully complete the program.

P90X will work just about every muscle in your body. Knowing the location and function of the muscles will only serve to enhance your workouts and results.

MUSCLE DEFINITION

_ARMS

_BICEPS The bicep comprises 40% of the upper arm. The main function of the bicep is to move the forearm towards the shoulder (elbow flexion). The secondary function of the bicep is to rotate the wrist.

_TRICEPS The triceps muscle is comprised of three separate heads. Together they make up 60% of the upper-arm muscle mass. The main function of the triceps is to straighten the arm and bring it down toward the body.

_BACK

_LATS (latissimus dorsi) are the large muscles on either side of the back. Their primary function is to pull the arm down towards the pelvis. When the arm is stable, the lats act to lift the body up towards the shoulders. The lats also help stabilize the torso during many pressing movements.

_TRAPS (trapezius) are long, trapezoid-shaped muscles that run down the upper portion of the spine. Bringing the shoulder blades together, pulling the shoulder blades down, and shrugging the shoulders up are the main functions of these muscles.

_CHEST

_PECS (pectorals) These muscles attach near the shoulder joint and originate on the breastbone in the center of the chest. The fibers of these muscles run across the entire chest region. The pecs serve to bring the arm across the chest and to move it forward in the shoulder socket.

_CALVES The calf muscle originates behind the knee and attaches to the heel with the Achilles tendon. Its primary function is to raise the heel off the ground.

_GLUTES (gluteus maximus) These muscles originate along the pelvic bone and attach to the back of the upper leg. Extending the hip is their primary function.

LEGS_

_HAMSTRINGS These muscles originate just underneath the glutes. Their primary function is to bring the heel towards the buttocks and to move the leg to the rear.

_QUADS (quadriceps) Located on the anterior of the thigh, the main function of these powerful muscles is to support the upper body during a squatting movement.

_DELTS (deltoids) Composed of three muscles (anterior, lateral, and posterior heads), the delts provide total mobility to the shoulder joint in all directions. These muscles play a vital role in the majority of upper-body exercises, including chest and shoulder presses. The main function of the deltoid is to move the arm away from the body.

SHOULDERS_

_ABS (abdominal muscles) This muscle group consists of:

- _ The rectus abdominus (the visible portion of the abs), which brings the rib cage toward the pelvis.
- _ The obliques (muscles at the waist), which rotate the torso and stabilize the abdomen.
- _ The transverse abdominus (muscle that supports the spine), which stabilizes the torso.

STOMACH_



P90X PREP

things to do before you start the program

Step 1_Watch the *How to Bring It* video.

Step 2_Record your measurements and take "before" photos.

Step 3_Take the Fit Test—are you ready for P90X?

Step 4_Get your kitchen in order (see the P90X Nutrition Plan).

Step 5_Go to the Beachbody Message Boards for support.

Use Beachbody's body fat tester to record your current body fat measurements. To get the most accurate readings, follow the directions on the package.

"BEFORE" AND "AFTER" BODY MEASUREMENTS

Be sure to record your measurement data in the spaces provided below.

BODY FAT % Prior to Day 1 _____ After Day 90 _____

WEIGHT Prior to Day 1 _____ After Day 90 _____ (please indicate if wearing any clothes)

CHEST Prior to Day 1 _____ " After Day 90 _____ "

WAIST Prior to Day 1 _____ " After Day 90 _____ "

HIPS Prior to Day 1 _____ " After Day 90 _____ "

RIGHT THIGH Prior to Day 1 _____ " After Day 90 _____ " (measured at midpoint)

LEFT THIGH Prior to Day 1 _____ " After Day 90 _____ " (measured at midpoint)

RIGHT ARM Prior to Day 1 _____ " After Day 90 _____ " (flexed, measured at peak of bicep)

LEFT ARM Prior to Day 1 _____ " After Day 90 _____ " (flexed, measured at peak of bicep)

The more you show, the more you'll know. Wear a swimsuit, underwear, or something comparable so you can see where you need the work, and where you're making progress. Don't be afraid to show some skin. These photos are great motivators. Be sure to take your first series of photos prior to day 1, following these simple guidelines.

"BEFORE" AND "AFTER" PHOTOS

- 1 Use a plain background if possible.
- 2 Take a few front shots (hands on hips, "biceps flex" muscle pose), a few side shots (hands at sides), and a few back shots (hands on hips, "biceps flex" muscle pose).
- 3 Don't suck it in or push it out. You want a true reflection of your body's appearance. This is not just a "before" photo, it's a goodbye photo. The P90X train is about to leave the station, and that body is going to leave some luggage behind. "Whoo Whooo!"
- 4 Repeat this process after Phase 1, after Phase 2, and after Phase 3 to chart your visual progress.
- 5 Place your photos in the pages provided at the end of this book.

Before starting an extreme fitness program like P90X, it's important to know where you stand and if your current fitness level is adequate. Providing an honest assessment of your abilities and your mindset will allow you to take advantage of your strengths and overcome your weaknesses.

We ask that you have completed the equivalent of Power 90® or Slim in 6® before you begin. But if you're unfamiliar with these programs, we've set some guidelines for you to follow. If you can't do what is listed below, you'll see better results by doing another exercise program before you take on P90X. So if you can't finish the Fit Test, do Power 90. You'll get great results, and then be able to come back and crush P90X.

TAKE THE FIT TEST

important note

The P90X Fit Test takes approximately 40 minutes to complete. Be sure to consecutively perform all the exercises in the order they appear. Keep up with the timing, and make a note if you do anything differently; you will repeat this Fit Test when you complete P90X, so it is vital that you are able to do it the same way, in the same order. That way you'll get a true indication of the improvements you've made. Pay attention, and be honest with yourself.

WHAT YOU WILL NEED TO TAKE THE FIT TEST

- _Heart rate monitor
- _Body fat tester or caliper
- _Tape measure
- _Scale
- _Partner to help record data (optional)
- _Chin-up bar (securely installed)
- _Timer (stopwatch or watch with second hand)
- _Towel
- _Water
- _Your "Bring It" game face

start with the heart

_____ date _____

You'll want to monitor your morning resting heart rate throughout this program. This is a good indicator of your overall cardiovascular fitness. Take your resting heart rate as soon as you wake up (BEFORE GETTING OUT OF BED). Over the course of the program, your resting heart rate should drop. If it goes up a few days in a row, you are either overtraining or getting sick.

TAKE THE FIT TEST

HOW TO TAKE YOUR RESTING HEART RATE

Put on your heart rate monitor. Be sure it is secure and working correctly before beginning. Try to be as relaxed as possible when taking this reading. Remain calm and quiet for 2 minutes, then record your resting heart rate below.

If you don't have a heart rate monitor, take your pulse from either your neck or wrist, and count the beats for 30 seconds. Multiply by two to get your resting heart rate.

Heart rate Prior to **DAY 1**

Heart rate After **DAY 90**

That was the easy part... most likely you passed that.

Now take about 10 minutes to warm up. Start by marching in place, then do any low-impact movements you like (jumping jacks, light jog in place, etc.) until you build up a light sweat, then stretch out lightly. You never want to work "to failure" when you're cold and tight. The warm-up on Power 90® Cardio 3-4 through yoga is a good way to get you ready.

maximum number of pull-ups to failure

Grasp your chin-up bar using wide grip (palms facing forward, away from body, two fists wider than shoulders). From a hanging position, pull body up smoothly until chin clears the bar. Lower body back down, being sure to straighten the arms, and repeat without bouncing up. Don't be discouraged if you are not able to do very many.

1_PULL-UPS

Record the number of pull-ups you can do here.

Prior to **DAY 1** _____

After **DAY 90** _____

(If you're only able to do 1/4, 1/2, or 3/4 of a pull-up, go ahead and record it.)

P90X Minimum_ Should be able to do at least 3 if male, 1 if female. However, many people won't be able to do any pull-ups when starting P90X. You'll get more out of the program if you can do pull-ups, but you can substitute by using the B-LINES™ Resistance Bands with the door attachment.

Rest 1 minute before going on to the next exercise.

2_VERTICAL LEAP

Stand sideways with shoulder against wall and raise arm straight overhead against the wall. Record that height here.

Prior to **DAY 1** _____

jump height with step

After **DAY 90** _____

Then lower arm, take JUST ONE STEP back and proceed to jump straight up, trying to touch highest point on wall (no gathering up a head of steam prior to your jump—think "jump ball"). Record that height here.

Prior to **DAY 1** _____

After **DAY 90** _____

Subtract the first measurement from the second, and record your vertical leap inches here.

Prior to **DAY 1** _____

P90X Minimum_ Should have a vertical leap of at least 5 inches if male, 3 inches if female.

After **DAY 90** _____

Rest 4 minutes before going on to the next exercise.

Put down something soft, about 2 or 3 inches high (pillow or cushion), to make contact with chest on each rep. Be sure to keep body straight with hands at "normal" push-up width.

3_PUSH-UPS

*maximum number of
push-ups to failure*

Record number of push-ups performed to failure here.

Prior to **DAY 1** _____

After **DAY 90** _____

P90X Minimum_ Should be able to do at least 15 if male, 3 if female
(or 15 push-ups off your knees).

Rest 4 minutes before going on to the next exercise.

You will need a ruler or tape measure for this test. Sit on floor with legs extended directly in front of you. Bend forward at waist and extend arms over legs towards toes. Don't bend knees. See how close you can get fingertips to toes. If not able to reach, measure the distance from fingertips to toes. If able to extend fingers beyond toes, measure how much further fingers reach beyond toes. Do not strain or force this.

4_TOE TOUCH

flexibility test

Record distance in inches of fingers to toes here.

Prior to **DAY 1** _____

After **DAY 90** _____

Use a "-" if not able to reach toes (e.g., -3 inches) or
a "+" if reaching beyond toes (e.g., +3 inches).

P90X Minimum_ Should be able to reach at least 6
inches from your toes, or a "-6."

What does "to failure" mean? Usually in exercise it's your mind that stops you from progressing. Physically "to failure" is when your body stops you by not being able to go any further without causing injury.

TO FAILURE?

it's in your mind

5_WALL SQUAT

isolating quad/leg strength

Place back flat against wall and lower your body into a seated chair position (quads parallel to the floor, feet directly below knees; think 90-degree angle here). Start timer as soon as you get into the chair position. Breathe through the discomfort and hang in there until you can't hold yourself up any longer (to failure). Be sure NOT to place hands on wall or "scoot" with shoulders. You can slide down slowly as you get tired, but once your butt touches the floor, time's up.

Record exact time able to hold wall squat here.

Prior to **DAY 1** minutes seconds

After **DAY 90** minutes seconds

P90X Minimum_ Should be able to hold wall squat
for at least 1 minute.

Rest 4 minutes before going on to the next exercise.

front-facing curls

6_BICEP CURLS

Choice of weight is important for this exercise. A heavier weight will be more effective in helping you determine your results on day 90—think of the weight at which you will max out at 10–15 reps. Men should use a minimum of 20 lbs. and women should use a minimum of 8 lbs.

Extend arms straight down in front of body. Be sure that arms are fully extended between each curl. Using both arms at the same time, perform as many curls as you can until failure. Don't rock or cheat, and no breaks longer than 1 second between reps.

Record number of curls completed and weight used here.

Prior to **DAY 1** number weight

After **DAY 90** number weight

P90X Minimum_ Should be able to do at least 10 curls with 20 lbs. if male,
at least 10 curls with 8 lbs. if female.

Rest 3 minutes before going on to the next exercise.

the ab test

Starting position: Seated with hands on the floor at your sides, knees bent with feet on the floor. Raise feet off the ground and bring knees in towards your chest. Straighten legs back out and repeat movement without touching floor.

7_IN & OUTS

Record number of in & outs performed here.

Prior to **DAY 1** _____

After **DAY 90** _____

P90X Minimum_ Should be able to do at least 25.

Rest 4 minutes before going on to the next exercise.



Perform jumping jacks nonstop for 2 minutes at a quick and steady pace.

During the final 30 seconds, go as fast as you can to maximize your heart

rate. When you finish, be prepared to

8_ HEART RATE MAXIMIZER

measure your heart rate over a span

of 4 minutes. Should be able to finish the test standing and able to breathe.

Record heart rate immediately after jumping jacks here.

Prior to **DAY 1** _____

After **DAY 90** _____

Heart rate after 1-minute rest

Prior to **DAY 1** _____

After **DAY 90** _____

Heart rate after 2-minute rest

Prior to **DAY 1** _____

After **DAY 90** _____

Heart rate after 3-minute rest

Prior to **DAY 1** _____

After **DAY 90** _____

Heart rate after 4-minute rest

Prior to **DAY 1** _____

After **DAY 90** _____

Good news...

If you can finish the 2 minutes of jumping jacks,
you are ready for P90X!

ENOUGH LEARNING.

Just remember, when you're finished turning your body into that of a perfect physical specimen, there are a few important things you still need to do. The first of which is to take your...

TIME TO START X'ING!

"After" Photos: With your awesome, jaw-dropping new physique, you'll probably want to give it the maximum exposure it deserves. So aside from attaching your photos to the pages at the end of this book, we also suggest that you post them on the Beachbody Message Boards. Any other type of self-promotion, such as a full-page photograph in your local newspaper, is up to you.

"After" Body Measurements: Once you're done with the camera, it's time to get back out the tape measure and take those "after" body measurements. Record all the dramatic results in the "After Day 90" blanks at the beginning of this section.

Final Fit Test: To most accurately determine the progress made in your strength, power, coordination, flexibility, and cardio endurance, be sure to perform this test under the same conditions and timeline as the Fit Test you took prior to day 1. Record your "After Day 90" results in the blanks provided in this section.

see you in 90 days

SUBMIT YOUR SUCCESS STORY

If P90X has enabled you to overcome personal obstacles to transform your body, mind, and spirit for the better, you could be featured as our next Beachbody Success Story. We love to reward our customers for sharing their stories with us, and often highlight their remarkable transformations through our TV shows, special events, and media promotions.

Here are a few items to submit to be considered as a Success Story:

- "Before" and "after" photos.
- A truthful, open, written account of your P90X experience. What's your story? How has this program changed your life? Are you a new person mentally, physically, or both? What does your family think of your success? What is the biggest compliment someone has given you lately?
- A short home video of you weighing in at the start and finish of your program, with a short narrative about how you felt at the start of your experience and at the end. (optional)

Submit your story and photos via e-mail to: SuccessStories@beachbody.com

- Or send them with optional video to:
Beachbody.com Success Stories
8383 Wilshire Blvd., Suite 1050
Beverly Hills, CA 90211

For a more complete description of how to be recognized as a Beachbody Success Story, go to Beachbody.com and click on the Success Stories link.

The following section contains a complete and detailed listing of all the workouts in this program. You do not have to read this section to perform any of the P90X routines. You will, however, be asked to record important data (rep counts and weight amounts) on worksheets that appear at the end of each P90X resistance workout. You'll find that recording this information is easy and extremely helpful towards charting your fitness progress.

WORKOUT GUIDE

The detailed workout listings can also prove useful should you need additional information about any of the workouts or individual exercises. And when you don't have access to a video player, you can perform the appropriate P90X workout straight from this book. Consider this section just another useful tool to help you maximize your results.

This depends totally on you and your individual goals. P90X is versatile. It will improve the overall condition of anyone, but you can choose to tailor this program to gain mass, lean out, or maximize your strength.

HOW MANY REPS SHOULD I DO?

It's all a matter of setting your target number of reps, which will determine how much weight you use. Here's a quick rundown on what it means to "fail" at a given number of reps. (Simply stopping at your target number is not what we mean. Choosing a weight so that you reach muscle failure at the right number of reps is what you're after.)

8-10 REPS =

muscle size or hypertrophy_ In this range you'll get maximum muscle growth. For those trying to achieve maximal size, this is your target area for every set in each workout.

12+ REPS =

muscular endurance_ Some muscle growth will occur, but the volume of repetitions makes it self-limiting. You can build lean, strong muscles, but you'll never maximize your body's potential for size and strength in this realm.



YOU JUST FINISHED P90X

You've busted your butt there past 90 days to get the body you always wanted. There's just one more thing we'd like to say about your awesome accomplishments: **DON'T STOP NOW!** At this point your body should be looking great and running like a fine-tuned machine. Don't fall in the easy trap of letting your gains slip away. Just because you completed a highly intense fitness program doesn't mean your work is over. We're not saying you need to perform a series of extreme workouts for the rest of your life, but you should continue with some type of fitness regimen that will maintain the results you've worked so hard to achieve.

The fact is, fitness is a lifetime challenge. By completing P90X, you just gave yourself one heck of a head start.

In the following sections, we'll show you various ways to maintain and even build upon your P90X accomplishments.



P90X

MAINTENANCE

P90X is an incredibly versatile program, and you can mix and match these workouts to fit just about any sports, recreation, or fitness routine you'd like to do next. For additional suggestions, check out the Message Boards at Beachbody.com—but here are the basics.

There is no problem continuing with P90X the same way you've been going at it. With the training block system, you aren't likely to plateau for some time yet; and with a little creativity, you never will!

mix and match

—If you are happy with your results and would like to back off, try this:

Each week, do the Yoga X routine at least once. Also do Plyometrics, Core Synergistics, or Kenpo X once or twice a week.

To maintain your muscle mass, you can do just the first round of the resistance programs, since you get 80% of the benefit in a resistance workout during the first set. This rate isn't enough for you to make big gains, but it's enough to maintain your muscle mass for quite some time. This can cut the time of your resistance workouts to under 30 minutes until it's time to make another leap in your physical prowess.

OTHER WAYS TO USE THE P90X ROUTINES

We offer two alternatives to the classic P90X routine. While both of these programs are designed to generate slightly different results, they are just as intense as the classic version. Additionally, they are also good options for subsequent rounds of P90X. Just be sure to take at least a couple of weeks off between programs.

P90X DOUBLES

The Doubles plan of attack is for those who want some extra cardiovascular exercise, either for performance or weight loss. Keep in mind that P90X is stressful within the realm of its standard schedule. Those attempting Doubles should be completely injury free and have plenty of energy to add another workout to the schedule three or four days per week. The Cardio X workout is the least intense of the P90X series, but it's still a serious calorie-burner.

PHASE 1

This phase is identical to the classic way of doing P90X. During this phase your body will be adapting, and no further breakdown is likely to be beneficial.

WEEKS 1-3

- DAY_1 Chest & Back, Ab Ripper X
- _2 Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

WEEK 4

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X *recovery and ab focus*
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

PHASE 2

Here we go. Add Cardio X three times per week. It's recommended to do this workout in the morning on an empty stomach. Then do your regular P90X workout later when you've got more blood glycogen for energy.

WEEKS 5-7

- DAY_1 AM Cardio X;
PM Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 AM Cardio X;
PM Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X *recovery and ab focus*
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

With four days per week of cardio in addition to your regular schedule, you're going to have to eat very well to sustain the final four weeks. This is essentially "hell week," just like high school football season; except that it's not one week, it's four.

Note: If you start to feel excessively tired, don't be afraid to skip your morning workout. If you're overtraining, it's no longer beneficial, so pay close attention to your body and how it's reacting.

3 PHASE

WEEKS 9 AND 11

WEEKS 10 AND 12

- DAY_1 AM Cardio X; PM Chest & Back, Ab Ripper X
- _2 AM Cardio X; PM Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 AM Cardio X; PM Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

- DAY_1 AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
- _2 AM Cardio X; PM Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 AM Cardio X; PM Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

WEEK 13

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch *recovery and ab focus*
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

WHEW, YOU'VE EARNED THIS WEEK!

P90X LEAN

P90X Lean is for those who want a more cardio-based and slightly less intensive program. Make no mistake, this is the real deal and no picnic. In fact, you may sweat more than in P90X. What you sacrifice in overall gains in strength and speed, you'll make up for with positive changes in lean body mass.

*more cardio and less resistance
for maximum weight loss*

During this period your body is going to get accustomed to the rigors and demands of P90X by forming engrams, or neuromuscular patterns that allow you to turn new movements into routine. Your aim should be to finish each workout and perfect each movement, as opposed to focusing on weight or resistance. As your body gets used to the exercises, it will do them more efficiently and the amount of weight you can use will greatly increase. You should begin to see this skyrocket towards the end of week 3.

WEEKS 1-3

PHASE

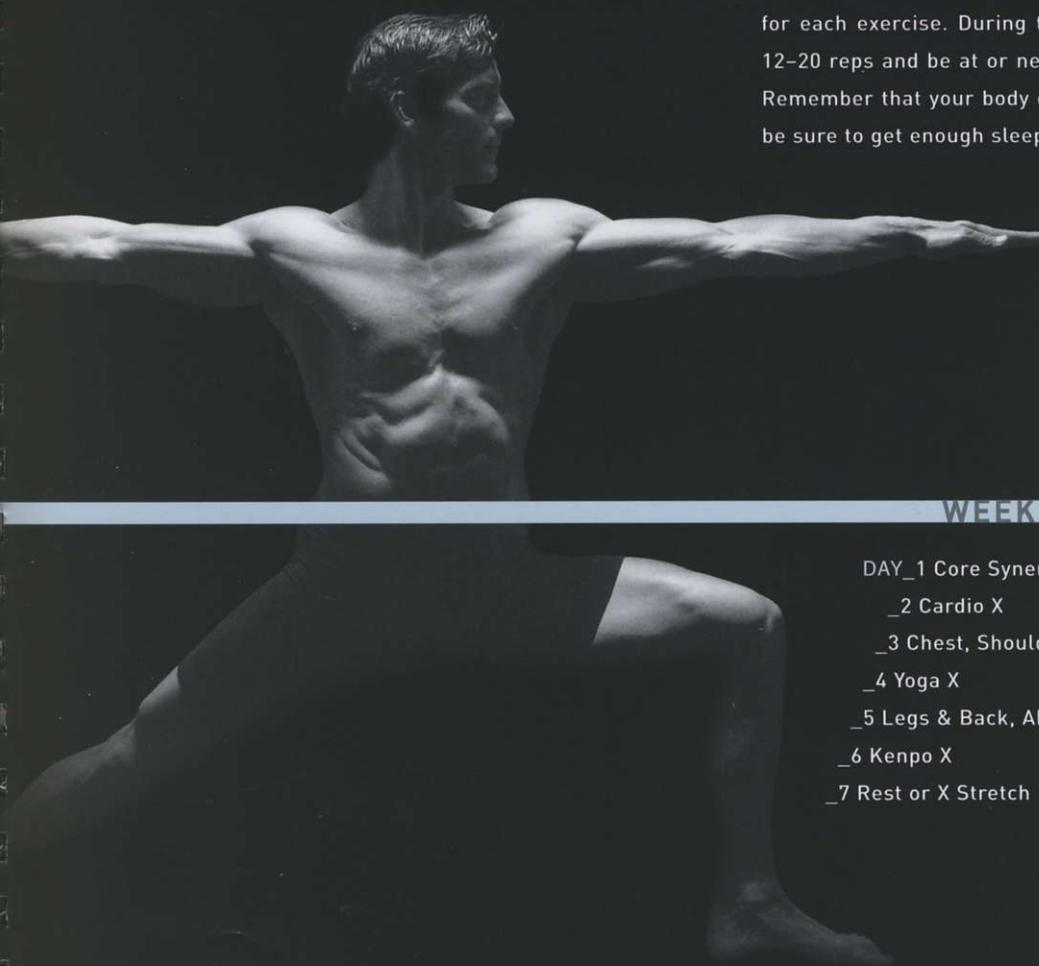
1

- DAY_1 Core Synergistics
- _2 Cardio X
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

Before you get comfortable, you'll need to back off a bit. While not easy, this week will allow your body to recover from hard resistance training while continuing your adaptive process. Core strength, cardio, and flexibility are the focus of the week as your body builds more engrams and increases stabilizer-muscle strength.

WEEK 4

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Cardio X
- _6 Yoga X
- _7 Rest or X Stretch



Your body should have adapted quite well by this phase, and it will be time to focus on reps and failure. During these weeks you'll want to attempt to increase the weight you use for each exercise. During this phase, try to finish between 12–20 reps and be at or near failure at the end of each set. Remember that your body only gets strong while at rest. So be sure to get enough sleep!

2 PHASE

WEEKS 5-7

DAY_1 Core Synergistics

_2 Cardio X

_3 Chest, Shoulders & Triceps, Ab Ripper X

_4 Yoga X

_5 Legs & Back, Ab Ripper X

_6 Kenpo X

_7 Rest or X Stretch

By the end of this week, you should start to feel very strong and ready to pump more iron (or stretch more rubber)!

WEEK 8

DAY_1 Yoga X

_2 Core Synergistics

_3 Kenpo X

_4 X Stretch

_5 Cardio X

_6 Yoga X

_7 Rest or X Stretch

recovery and ab focus

"No pain, no gain" is what this phase is all about. At this stage, you should be ready to leave **WEEKS 9-12** everything you've got on your exercise mat. No holding back, no getting used to anything—this will be the time to push to exhaustion and muscle failure on every single set! Let's drop the reps a little and try to fail at 10-12 on weighted movements. After four weeks of complete hammering, your body wants to rest. So instead, let's push your personal envelope and see what you've got. We want your best effort, each and every day! When the going gets tough, the tough get going; be at your best when your best is needed; take no prisoners...you get the idea. You've come this far, now let's put the X in "extreme"!

WEEKS 9 AND 11

- DAY_1 Chest & Back, Ab Ripper X
- _2 Cardio X
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Core Synergistics
- _6 Kenpo X
- _7 Rest or X Stretch

WEEKS 10 AND 12

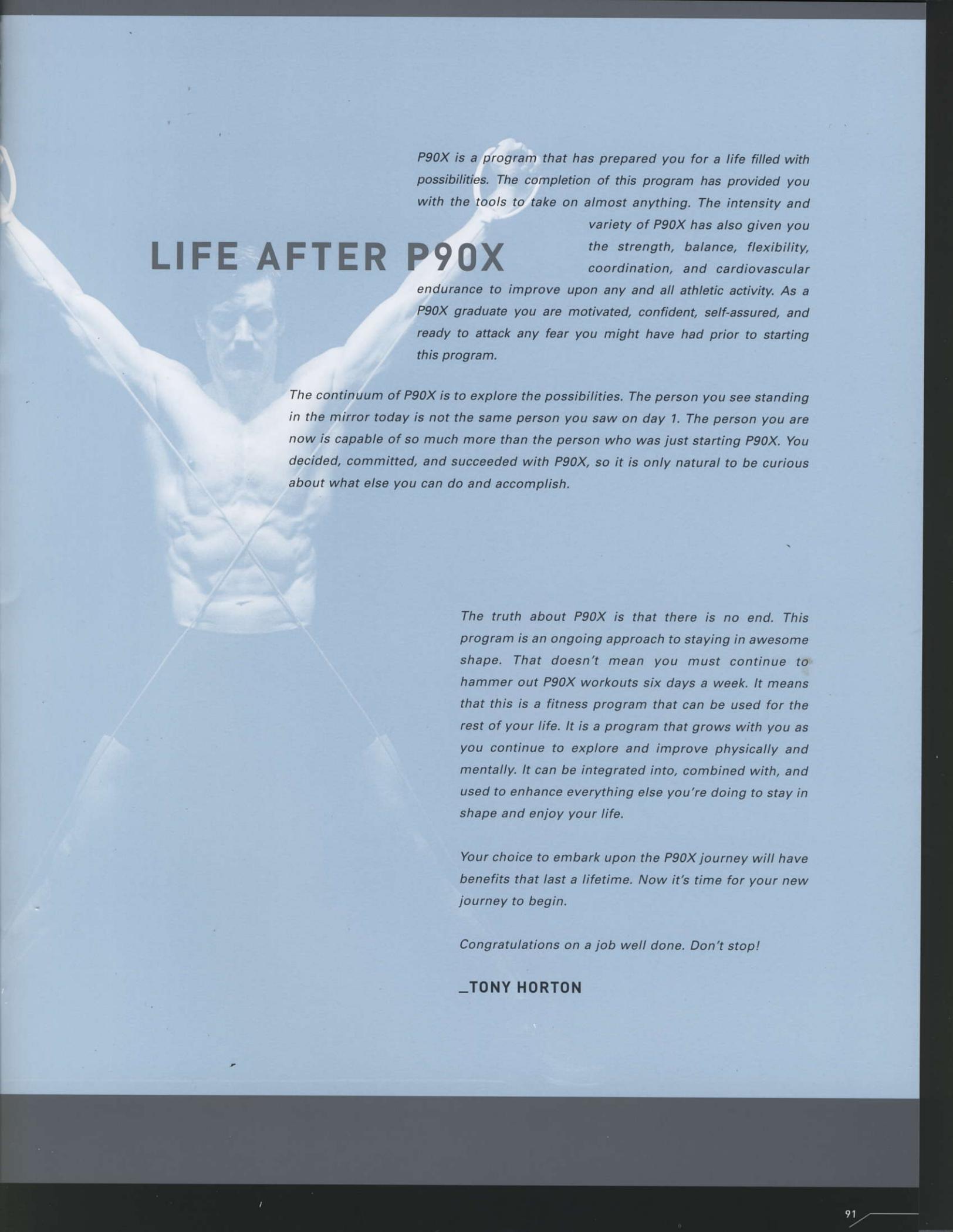
- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Cardio X
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Core Synergistics
- _6 Kenpo X
- _7 Rest or X Stretch

This week will give your body a chance to fully rest and transform before taking your "after" photos.

WEEK 13

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Cardio X
- _6 Yoga X
- _7 Rest or X Stretch

recovery and ab focus

A man is shown from the waist up, shirtless, with his arms raised and holding resistance bands. He is in a P90X workout pose. The background is a light blue gradient.

LIFE AFTER P90X

P90X is a program that has prepared you for a life filled with possibilities. The completion of this program has provided you with the tools to take on almost anything. The intensity and variety of P90X has also given you the strength, balance, flexibility, coordination, and cardiovascular endurance to improve upon any and all athletic activity. As a P90X graduate you are motivated, confident, self-assured, and ready to attack any fear you might have had prior to starting this program.

The continuum of P90X is to explore the possibilities. The person you see standing in the mirror today is not the same person you saw on day 1. The person you are now is capable of so much more than the person who was just starting P90X. You decided, committed, and succeeded with P90X, so it is only natural to be curious about what else you can do and accomplish.

The truth about P90X is that there is no end. This program is an ongoing approach to staying in awesome shape. That doesn't mean you must continue to hammer out P90X workouts six days a week. It means that this is a fitness program that can be used for the rest of your life. It is a program that grows with you as you continue to explore and improve physically and mentally. It can be integrated into, combined with, and used to enhance everything else you're doing to stay in shape and enjoy your life.

Your choice to embark upon the P90X journey will have benefits that last a lifetime. Now it's time for your new journey to begin.

Congratulations on a job well done. Don't stop!

_TONY HORTON

▶ TAKE "BEFORE" PHOTO!

PHASE 1

START

DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 1	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 2	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 3	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 4	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 5	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 6	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 7
DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 8	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 9	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 10	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 11	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 12	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 13	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 14
DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 15	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 16	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 17	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 18	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 19	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 20	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 21
DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 22	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 23	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 24	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 25	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 26	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 27	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 28

MEASURE BODY FAT

NOTES

DECIDE



CONTINUE TO BUILD ON YOUR SUCCESS AND LOG ONTO Beachbody.com FOR SUPPORT

PHASE 2

DIET Y N 29 DIET Y N 30 DIET Y N 31 DIET Y N 32 DIET Y N 33 DIET Y N 34 DIET Y N 35

DIET Y N 36 DIET Y N 37 DIET Y N 38 DIET Y N 39 DIET Y N 40 DIET Y N 41 DIET Y N 42

DIET Y N 43 DIET Y N 44 DIET Y N 45 DIET Y N 46 DIET Y N 47 DIET Y N 48 DIET Y N 49

DIET Y N 50 DIET Y N 51 DIET Y N 52 DIET Y N 53 DIET Y N 54 DIET Y N 55 DIET Y N 56

MEASURE
BODY FAT %

NOTES

COMMIT



PSOX™

PHASE 3

DIET Y N 57 DIET Y N 58 DIET Y N 59 DIET Y N 60 DIET Y N 61 DIET Y N 62 DIET Y N 63

DIET Y N 64 DIET Y N 65 DIET Y N 66 DIET Y N 67 DIET Y N 68 DIET Y N 69 DIET Y N 70

DIET Y N 71 DIET Y N 72 DIET Y N 73 DIET Y N 74 DIET Y N 75 DIET Y N 76 DIET Y N 77

DIET Y N 78 DIET Y N 79 DIET Y N 80 DIET Y N 81 DIET Y N 82 DIET Y N 83 DIET Y N 84

DIET Y N 85 DIET Y N 86 DIET Y N 87 DIET Y N 88 DIET Y N 89 DIET Y N 90

MEASURE
BODY FAT %

TAKE ◀
"AFTER"
PHOTO!

SUCCEEDED



PHASE 1

CLASSIC

WEEKS 1, 2, 3

1. Chest & Back, Ab Ripper X
2. Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

DOUBLES

WEEKS 1, 2, 3

1. Chest & Back, Ab Ripper X
2. Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

LEAN

WEEKS 1, 2, 3

1. Core Synergistics
2. Cardio X
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 4

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 4

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

LEAN (Recovery Week)

WEEK 4

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Cardio X
- Yoga X
- Rest or X Stretch



Days 1-28



CONTINUE TO BUILD ON YOUR SUCCESS AND LOG ONTO Beachbody.com FOR SUPPORT

PHASE 2

CLASSIC

WEEKS 5, 6, 7

1. Chest, Shoulders & Triceps, Ab Ripper X
2. Plyometrics
3. Back & Biceps, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

DOUBLES

WEEKS 5, 6, 7

1. AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
2. Plyometrics
3. AM Cardio X; PM Back & Biceps, Ab Ripper X
4. Yoga X
5. AM Cardio X; PM Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

LEAN

WEEKS 5, 6, 7

1. Core Synergistics
2. Cardio X
3. Chest, Shoulders & Triceps, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 8

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 8

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

LEAN (Recovery Week)

WEEK 8

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Cardio X
- Yoga X
- Rest or X Stretch



PHASE 3

CLASSIC

WEEKS 9, 11

1. Chest & Back, Ab Ripper X
2. Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

WEEKS 10, 12

- Chest, Shoulders & Triceps, Ab Ripper X
 Plyometrics
 Back & Biceps, Ab Ripper X
 Yoga X
 Legs & Back, Ab Ripper X
 Kenpo X
 Rest or X Stretch

35

DOUBLES

WEEKS 9, 11

1. AM Cardio X; PM Chest & Back, Ab Ripper X
2. AM Cardio X; PM Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. AM Cardio X; PM Yoga X
5. AM Cardio X; PM Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

WEEKS 10, 12

- AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
 AM Cardio X; PM Plyometrics
 Back & Biceps, Ab Ripper X
 AM Cardio X; PM Yoga X
 AM Cardio X; PM Legs & Back, Ab Ripper X
 Kenpo X
 Rest or X Stretch

42

49

LEAN

WEEKS 9, 11

1. Chest & Back, Ab Ripper X
2. Cardio X
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Core Synergistics
6. Kenpo X
7. Rest or X Stretch

WEEKS 10, 12

- Chest, Shoulders & Triceps, Ab Ripper X
 Cardio X
 Back & Biceps, Ab Ripper X
 Yoga X
 Core Synergistics
 Kenpo X
 Rest or X Stretch

56

CLASSIC (Recovery Week)

WEEK 13

1. Yoga X
2. Core Synergistics
3. Kenpo X
4. X Stretch
5. Core Synergistics
6. Yoga X
7. Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 13

- Yoga X
 Core Synergistics
 Kenpo X
 X Stretch
 Core Synergistics
 Yoga X
 Rest or X Stretch

LEAN (Recovery Week)

WEEK 13

- Yoga X
 Core Synergistics
 Kenpo X
 X Stretch
 Cardio X
 Yoga X
 Rest or X Stretch

Days 57-90



ACCELERATED PROGRESS

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 <i>Standard Push-ups</i>	R _____ R _____				
02 <i>Wide Front Pull-ups</i>	R _____ R _____				
03 <i>Military Push-ups</i>	R _____ R _____				
04 <i>Reverse Grip Chin-ups</i>	R _____ R _____				
05 <i>Wide Fly Push-ups</i>	R _____ R _____				
06 <i>Closed Grip Overhand Pull-ups</i>	R _____ R _____				
07 <i>Decline Push-ups</i>	R _____ R _____				
08 <i>Heavy Pants</i>	R _____ W _____ R _____ W _____				
09 <i>Diamond Push-ups</i>	R _____ R _____				
10 <i>Lawnmowers</i>	R _____ W _____ R _____ W _____				
11 <i>Dive-bomber Push-ups</i>	R _____ R _____				
12 <i>Back Flys</i>	R _____ W _____ R _____ W _____				

CHEST & BACK

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 Alternating Shoulder Presses	R _____ W _____ R _____ W _____				
02 In & Out Bicep Curls	R _____ W _____ R _____ W _____				
03 Two-arm Tricep Kickbacks	R _____ W _____ R _____ W _____				
04 Deep Swimmer's Presses	R _____ W _____ R _____ W _____				
05 Full Supination Concentration Curls	R _____ W _____ R _____ W _____				
06 Chair Dips	R _____ R _____				
07 Upright Rows	R _____ W _____ R _____ W _____				
08 Static Arm Curls	R _____ W _____ R _____ W _____				
09 Flip-grip Twist Tricep Kickbacks	R _____ W _____ R _____ W _____				
10 Two-angle Shoulder Flys	R _____ W _____ R _____ W _____				
11 Crouching Cohen Curls	R _____ W _____ R _____ W _____				
12 Lying-down Tricep Extensions	R _____ W _____ R _____ W _____				
BONUS ROUND					
13 In & Out Straight-arm Shoulder Flys	R _____ W _____ R _____ W _____				
14 Congdon Curls	R _____ W _____ R _____ W _____				
15 Side Tri-rises	R _____ R _____				

SHOULDERS & ARMS

This routine is performed during weeks 5, 6, 7, 10, and 12. Use the spaces provided for each exercise to record the number of reps and the weight lifted (where applicable). If using a band, indicate its color along with the number of reps performed.

R = REPS W = WEIGHT

	WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12
01 Wide Front Pull-ups	R _____				
02 Lawnmowers	R _____ W _____				
03 Twenty-ones	R _____ W _____				
04 One-arm Cross-body Curls	R _____ W _____				
05 Switch Grip Pull-ups	R _____				
06 Elbows-out Lawnmowers	R _____ W _____				
07 Standing Bicep Curls	R _____ W _____				
08 One-arm Concentration Curls	R _____ W _____				
09 Corn Cob Pull-ups	R _____				
10 Reverse Grip Bent-over Rows	R _____ W _____				
11 Open Arm Curls	R _____ W _____				
12 Static Arm Curls	R _____ W _____				
13 Towel Pull-ups	R _____				
14 Congdon Locomotives	R _____ W _____				
15 Crouching Cohen Curls	R _____ W _____				
16 One-arm Corkscrew Curls	R _____ W _____				
17 Chin-ups	R _____				
18 Seated Bent-over Back Flys	R _____ W _____				
19 Curl-up/Hammer Downs	R _____				
20 Hammer Curls	R _____ W _____				
21 Max Rep Pull-ups	R _____				
22 Superman	R _____				
23 In-Out Hammer Curls	R _____ W _____				
24 Strip-set Curls	R _____ W _____				

BACK & BICEPS

This routine is performed every week that is not a Recovery week. Use the spaces provided for each exercise to record the number of reps performed. If using a band as a substitute for a pull-up bar, indicate its color along with your rep count. Each pull-up exercise in this workout is performed twice, so for each exercise use the top line for the first round and the bottom line for the second round. While this workout consists of both leg and pull-up exercises, we would like you to record the number of reps you performed for **JUST THE PULL-UP EXERCISES**.

R = REPS

	WEEK 1	WEEK 2	WEEK 3	WEEK 5	WEEK 6
01 <i>Reverse Grip Chin-ups</i>	<i>R</i> _____ <i>R</i> _____				
02 <i>Wide Front Pull-ups</i>	<i>R</i> _____ <i>R</i> _____				
03 <i>Closed Grip Overhand Pull-ups</i>	<i>R</i> _____ <i>R</i> _____				
04 <i>Switch Grip Pull-ups</i>	<i>R</i> _____ <i>R</i> _____				
	WEEK 7	WEEK 9	WEEK 10	WEEK 11	WEEK 12
01 <i>Reverse Grip Chin-ups</i>	<i>R</i> _____ <i>R</i> _____				
02 <i>Wide Front Pull-ups</i>	<i>R</i> _____ <i>R</i> _____				
03 <i>Closed Grip Overhand Pull-ups</i>	<i>R</i> _____ <i>R</i> _____				
04 <i>Switch Grip Pull-ups</i>	<i>R</i> _____ <i>R</i> _____				

This routine is performed during weeks 5, 6, 7, 10, and 12. Use the spaces provided for each exercise to record the number of reps and the weight lifted (where applicable). If using a band, indicate its color along with the number of reps performed.

R = REPS W = WEIGHT

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

CHEST, SHOULDERS & TRICEPS