

DATE / WEEK					
<b>Warm-Up</b>					
01 Sphinx Plank Crunch	R _____				
02 Warrior 3 Cross Crunch	RT _____ LT _____				
03 Single Leg Walk Out to Sphinx	RT _____ LT _____				
04 Half Angel	RT _____ LT _____				
05 Roller Boat	R _____				
06 3 Speed Med Ball Push-Up	R _____				
07 One Leg Lateral Leap Squat	R _____				
08 Core Circle	RT _____ Sec LT _____ Sec				
09 Holmsen Screamer Lunge	RT _____ LT _____				
10 Med Ball Dreya Roll	R _____ W _____				
11 Plank Burpee on Stability Ball	RT _____ LT _____				
12 Banana Ball Switch Crunch	R _____				
13 3-Point Squat Press with Med Ball	R _____				
14 Slo-Mo Balance Climber (Alternating Legs)	R _____				
15 X2 Diver	R _____				
16 Ryan Sphinx Twist Crunch	RT _____ LT _____				
17 One Leg Med Ball Burpee (Alternate Every 3 Reps)	R _____				
<b>Cool-Down</b>					

R = reps W = weight RT = right LT = left Sec = time

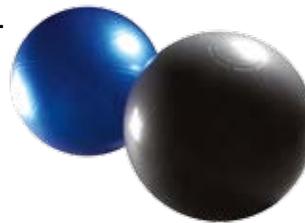
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P90X® Peak Performance Protein Bars



Shakeology®

### Equipment Required

- Premium Stability Ball (or Towel and Sturdy Chair)
- Foam Roller (or Bands) • Weights (or Bands) • Mat\*
- 1 Medicine Ball\* • Worksheet and Pen • Water and Towel

### Post-Workout Nutrition

Get better results and recover faster! Within 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula**.

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\*Optional

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# WORKSHEET • X2 TOTAL BODY

DATE / WEEK						
<b>Warm-Up</b>						
<b>ROUND 1</b>	<b>01 1-Arm Chest Press</b>	RT _____ W _____ LT _____ W _____				
	<b>02 4-Position Pull-Up</b>	R _____				
	<b>03 Push-Up Side Arm Balance</b>	R _____				
	<b>04 Switch Lunge Press</b>	RT _____ W _____ LT _____ W _____				
	<b>05 Warrior 3 Kickback</b>	RT _____ W _____ LT _____ W _____				
	<b>06 Warrior 3 Curl</b>	RT _____ W _____ LT _____ W _____				
<b>Water Break</b>						
	<b>08 Boing Push-Up</b>	R _____				
	<b>09 Crunchy Lever Pull-Up</b>	R _____				
	<b>10 Mule Kick Burpee</b>	R _____				
	<b>11 Swimmer's Curl Press in 1/2 Chair</b>	R _____ W _____				
	<b>12 Balance Kickback on Stability Ball</b>	RT _____ W _____ LT _____ W _____				
	<b>13 Rocket Launcher Preacher Curl</b>	R _____ W _____				
<b>Water Break</b>						
<b>ROUND 2</b>	<b>15 1-Arm Chest Press</b>	RT _____ W _____ LT _____ W _____				
	<b>16 4-Position Pull-Up</b>	R _____				
	<b>17 Push-Up Side Arm Balance</b>	R _____				
	<b>18 Switch Lunge Press</b>	RT _____ W _____ LT _____ W _____				
	<b>19 Warrior 3 Kickback</b>	RT _____ W _____ LT _____ W _____				
	<b>20 Warrior 3 Curl</b>	RT _____ W _____ LT _____ W _____				
<b>Water Break</b>						
	<b>22 Boing Push-Up</b>	R _____				
	<b>23 Crunchy Lever Pull-Up</b>	R _____				
	<b>24 Mule Kick Burpee</b>	R _____				
	<b>25 Swimmer's Curl Press in 1/2 Chair</b>	R _____ W _____				
	<b>26 Balance Kickback on Stability Ball</b>	RT _____ W _____ LT _____ W _____				
	<b>27 Rocket Launcher Preacher Curl</b>	R _____ W _____				
<b>Cool-Down</b>						

R= reps W= weight RT= right LT= left

### Equipment Required

- Stability Ball (or Towel and Sturdy Chair) • Foam Roller (or Towel)
- Weights (or Bands) • P90X® Chin-Up Bar (or Bands with Door Attachment)
- Chin-Up Max (or Sturdy Chair)\* • 2 Medicine Balls\*
- Worksheet and Pen • Water and Towel

\*Optional

### Post-Workout Nutrition

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# WORKSHEET • X2 BALANCE + POWER

DATE / WEEK					
<b>Warm-Up</b>					
01 Sphinx to Plank Plyo Bounce	R _____				
02 1-Leg Plyo Squat Reach	R _____				
03 Russian Twist	R _____				
04 Sphinx to Plank Roll Up	R _____				
05 4-Direction 1-Leg Squat Hop	LT _____				
	RT _____				
06 Forearm Alt Side Plank	LT _____				
	RT _____				
<b>Water Break</b>					
08 Decline Sphinx Plank Press	R _____				
09 Weighted Katherine	R _____				
10 Plank X Crunch	R _____				
11 Renegade Row ½ Lolansana	R _____ W _____				
12 Glute Bridge Roll Out	R _____				
13 Over/Under Boat	R _____				
<b>Water Break</b>					
15 Warrior Row Press	LT _____ W _____				
	RT _____ W _____				
16 Split Lunge	LT _____				
	RT _____				
17 Crawly Crab Press	LT _____ W _____				
	RT _____ W _____				
18 Lateral Plyo Push-Up	R _____				
19 Lunge Kneel Knee Raise	LT _____ W _____				
	RT _____ W _____				
20 X Plank Spider Twist	R _____				
<b>Water Break</b>					
22 Dumbbell Row to Side Plank (Alternating Sides Each Rep)	LT _____ W _____				
	RT _____ W _____				
23 Dumbbell Super Burpee	LT _____ W _____				
	RT _____ W _____				
24 Plank Ball Crunch	R _____				
<b>Cool-Down</b>					

R = reps W = weight RT = right LT = left

### Equipment Required

- Stability Ball (or Towel and Sturdy Chair) • Foam Roller (or Towel)
- Weights (or Bands) • 1 Medicine Ball\* • PowerStands\*\*
- Mat\* • Worksheet and Pen • Water and Towel

### Post-Workout Nutrition

Get better results and recover faster! Within 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

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# WORKSHEET • CHEST + BACK + BALANCE

DATE / WEEK					
<b>Warm-Up</b>					
01 Pull-Up X	R _____				
02 Plyo Stability Ball Push-Up	R _____				
03 Core Crunch Chin-Up	R _____				
04 Push-Up Side Arm Balance	R _____				
05 Lever	R _____				
06 4-Ball Push-Up	R _____				
07 Chin Pull	a. Chin-Up R _____				
	b. Pull-Up R _____				
	R _____				
08 The Impossible/Possible	R _____				
09 "L" Pull-Up	R _____				
10 3-Ball Plyo Push-Up (Switch Left to Right)	R _____				
<b>Water Break</b>					
12 Vaulter Pull-Up (Switch Grip Every 2 Reps)	R _____				
13 Elevated Stability Ball Push-Up	R _____				
14 In & Out (1 Rep Wide Grip, 1 Rep Narrow Grip)	R _____				
15 Swimmer's Push-Up	R _____				
16 4-Grip Pull-Up	a. Wide Hand Grip R _____				
	b. Palm to Palm Grip R _____				
	c. Overhand Close Pull-Up R _____				
	d. Chin-Up R _____				
17 Double Wide Push-Up	R _____				
18 Double Wide Pull-Up	R _____				
19 Chattarocker	R _____				
20 Towel Pull-Up	R _____				
21 Med Ball Plyo Push-Up	R _____				
<b>Cool-Down</b>					

R = reps W = weight

### Equipment Required

- Stability Ball (or Towel and Sturdy Chair) • Foam Roller\*
- Plyo Box (or Sturdy Chair)\* • 4 Medicine Balls\* • PowerStands®\*
- P90X® Chin-Up Bar (or Door Attachment with Bands) • Mat\*
- Chin-Up Max (or Sturdy Chair)\* • 2 Hand Towels
- Worksheet and Pen • Water and Towel

### Post-Workout Nutrition

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DATE / WEEK						
Warm-Up						
ROUND 1	01 Balance Curl	R _____ W _____				
	02 Arnold Press (Alternate Arms)	R _____ W _____				
	03 Overhead Tricep Pull	R _____ W _____				
	04 Six Direction Shoulder Fly	R _____ W _____				
	05 Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R _____ W _____				
	06 Y-T Fly	R _____ W _____				
	07 Rocket Launcher Tricep Kickback	R _____ W _____				
Water Break						
ROUND 2	09 Balance Curl	R _____ W _____				
	10 Arnold Press (Alternate Arms)	R _____ W _____				
	11 Overhead Tricep Pull	R _____ W _____				
	12 Six Direction Shoulder Fly	R _____ W _____				
	13 Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R _____ W _____				
	14 Y-T Fly	R _____ W _____				
	15 Rocket Launcher Tricep Kickback	R _____ W _____				
Water Break						
ROUND 3	17 Balance Curl	R _____ W _____				
	18 Arnold Press (Alternate Arms)	R _____ W _____				
	19 Overhead Tricep Pull	R _____ W _____				
	20 Six Direction Shoulder Fly	R _____ W _____				
	21 Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R _____ W _____				
	22 Y-T Fly	R _____ W _____				
	23 Rocket Launcher Tricep Kickback	R _____ W _____				
Water Break						
Cool-Down						

R = reps W = weight

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P90X® Chin-Up Bar



P90X® Peak Health Formula



P90X® Results and Recovery Formula®



P90X® Peak Performance Protein Bars



Shakeology®

### Equipment Required

- Stability Ball (or Towel and Sturdy Chair) • Foam Roller\*
- Weights (or Bands) • Plyo Box (or Sturdy Chair)
- PowerStands®\* • Worksheet and Pen • Water and Towel

### Post-Workout Nutrition

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DATE / WEEK						
<b>Warm-Up</b>						
<b>ROUND 1</b>	01 No Kip Pull-Up	R _____				
	02 Plyo Frog Squat	R _____				
	03 Wide Leg Close Grip Chin-Up	R _____				
	04 Chair Jump	R _____				
	05 Chin Pull	R _____				
<b>Water Break</b>						
	07 Plyo Lunge Press	R _____ W _____				
	08 V Pull-Up	R _____				
	09 Surfer Spin	R _____				
	10 Kippy Cross Fugly Pull	R _____				
	11 Jack-in-the-Box Knee Tuck	R _____				
<b>Water Break</b>						
<b>ROUND 2</b>	13 No Kip Pull-Up	R _____				
	14 Plyo Frog Squat	R _____				
	15 Wide Leg Close Grip Chin-Up	R _____				
	16 Chair Jump	R _____				
	17 Chin Pull	R _____				
<b>Water Break</b>						
	19 Plyo Lunge Press	R _____ W _____				
	20 V Pull-Up	R _____				
	21 Surfer Spin	R _____				
	22 Kippy Cross Fugly Pull	R _____				
	23 Jack-in-the-Box Knee Tuck	R _____				
<b>Cool-Down</b>						

R = reps W = weight

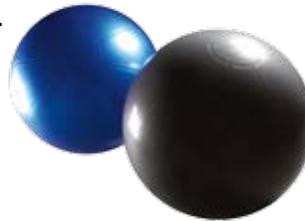
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### Equipment Required

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- Weights\* • P90X® Chin-Up Bar (or Bands with Door Attachment)
- Chin-Up Max (or Sturdy Chair)\* • Worksheet and Pen
- Water and Towel

### Post-Workout Nutrition

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DATE / WEEK						
<b>Warm-Up</b>						
<b>ROUND 1</b>	01 Chattarocker Push-Up	R _____				
	02 Strip Press 1	R _____ W _____				
	03 Strip Press 2	R _____ W _____				
	04 Strip Press 3	R _____ W _____				
	05 Tricep Extension on Stability Ball	R _____ W _____				
	06 3-Ball Extravaganza	R _____				
	07 Callahan Press (Left Leg)	R _____ W _____				
	08 Iron Man Kickback	R _____ W _____				
	09 Push-Up Side Arm Balance	R _____				
	10 X2 Circle Fly	R _____				
	11 3-Ball Dip	R _____				
<b>Water Break</b>						
<b>ROUND 2</b>	13 Chattarocker Push-Up	R _____				
	14 Strip Press 1	R _____ W _____				
	15 Strip Press 2	R _____ W _____				
	16 Strip Press 3	R _____ W _____				
	17 Tricep Extension on Stability Ball	R _____ W _____				
	18 3-Ball Extravaganza	R _____				
	19 Callahan Press (Right Leg)	R _____ W _____				
	20 Iron Man Kickback	R _____ W _____				
	21 Push-Up Side Arm Balance	R _____				
	22 X2 Circle Fly	R _____				
	23 3-Ball Dip	R _____				
	<b>Cool-Down</b>					

R = reps W = weight

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### Equipment Required

- Stability Ball (or Towel and Sturdy Chair) • Foam Roller\* • Mat\*
- Weights (or Bands) • 4 Medicine Balls\* (or 2 Towels) • PowerStands®\*
- Plyo Box (or Sturdy Chair) • Worksheet and Pen • Water and Towel

### Post-Workout Nutrition

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DATE / WEEK					
<b>Warm-Up</b>					
01 Around the World Pull-Up	R _____	R _____	R _____	R _____	R _____
02 Alt Hammer Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Med Ball Renegade Row	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 Band Bicep Curl	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
05 Pull-Up X	R _____	R _____	R _____	R _____	R _____
06 Med Ball Renegade Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 Wide Leg Row Twist	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
08 Balance Dumbbell Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Switch Grip Pull-Up	R _____	R _____	R _____	R _____	R _____
10 Roman Band Curl	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
11 21 Pull-Up	a. 7 Low Pull-Up R _____	a. 7 Low Pull-Up R _____	a. 7 Low Pull-Up R _____	a. 7 Low Pull-Up R _____	a. 7 Low Pull-Up R _____
	b. 7 High Pull-Up R _____	b. 7 High Pull-Up R _____	b. 7 High Pull-Up R _____	b. 7 High Pull-Up R _____	b. 7 High Pull-Up R _____
	c. 7 Full-Range Pull-Up R _____	c. 7 Full-Range Pull-Up R _____	c. 7 Full-Range Pull-Up R _____	c. 7 Full-Range Pull-Up R _____	c. 7 Full-Range Pull-Up R _____
	R _____	R _____	R _____	R _____	R _____
<b>Water Break</b>					
13 Entman's Chin-Up	R _____	R _____	R _____	R _____	R _____
14 Ball Preacher	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 Stability Ball Lawnmower	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 Renegade Roman Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 Zip Kip Pull-Up	R _____	R _____	R _____	R _____	R _____
18 High-Rep Balance Curl (Switch Legs at 15 Reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 Straight Arm Pullover	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 Renegade Hammer Curl (Alternating Arms)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Zip Kip Chin-Up	R _____	R _____	R _____	R _____	R _____
22 Close Body Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
23 Cross Fugly Pull-Up	R _____	R _____	R _____	R _____	R _____
<b>Cool-Down</b>			R = reps W = weight BC = band color		

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**P90X® Peak Performance Protein Bars**



**P90X® Results and Recovery Formula®**



**P90X® Peak Health Formula**



**Shakeology®**

### Equipment Required

- Premium Stability Ball (or Towel and Sturdy Chair) • Foam Roller\*
- Weights and Bands (or Bands) • Plyo Box\* (or Towel and Sturdy Chair)
- P90X® Chin-Up Bar (or Bands with Door Attachment) • Water and Towel
- 1 Medicine Ball\* • Chin-Up Max\* (or Sturdy Chair) • Worksheet and Pen

\*Optional

### Post-Workout Nutrition

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