



DATE / WEEK						
Round 1	01 Upper: Standard Push-Ups Target: 30-40	R_____	R_____	R_____	R_____	R_____
	02 Middle: Crunchy Frog Target: 30	R_____	R_____	R_____	R_____	R_____
	03 Lower: Wide-Leg Deep Squats Target: 30	R_____	R_____	R_____	R_____	R_____
Round 2	04 Upper: Chair Dips Target: 30 (w/ Chair / Alt. Leg Raise)	R_____Form_____	R_____Form_____	R_____Form_____	R_____Form_____	R_____Form_____
	05 Middle: Fieffer Scissors Target: 30-40	R_____	R_____	R_____	R_____	R_____
	06 Lower: Run Stance Jumbo Switch Target: 30	R_____	R_____	R_____	R_____	R_____
Round 3	07 Upper: Push-Up / Side Arm Balance Target: 21 (3 P.U -> 1 S.A. Balance)	R_____	R_____	R_____	R_____	R_____
	08 Middle: Slow-Motion Mason-Twist Target: 30	R_____	R_____	R_____	R_____	R_____
	09 Lower: Deep Lunges Target: 30 Total (15/Leg)	R_____	R_____	R_____	R_____	R_____
Round 4	10 Upper: Staggered Hands Push-Ups Target: 30-40	R_____	R_____	R_____	R_____	R_____
	11 Middle: Hip, Rock, and Raise Target: 30	R_____	R_____	R_____	R_____	R_____
	12 Lower: Super Skaters Target: 20/ Leg	R_____L_____	R_____L_____	R_____L_____	R_____L_____	R_____L_____
Round 5	13 Upper: Pike Press Target: 15-20	R_____Form_____	R_____Form_____	R_____Form_____	R_____Form_____	R_____Form_____
	14 Middle: Bicycles Target: 60	R_____	R_____	R_____	R_____	R_____
	15 Lower: Side Long Jump Target: 30-40	R_____	R_____	R_____	R_____	R_____
Round 6 - Bonus	16 Upper: Plyo Skippers Target: 6 Passes	R_____Form_____	R_____Form_____	R_____Form_____	R_____Form_____	R_____Form_____
	17 Middle: Oblique V-Ups Target: 30 / Side	R_____L_____	R_____L_____	R_____L_____	R_____L_____	R_____L_____
	18 Lower: Jump Knee Tuck Target: 30-40	R_____	R_____	R_____	R_____	R_____
	Time (57 Min)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

P90X ONE ON ONE, VOLUME 1 / DISC 8 - MAMMOTH UML

Equipment Required

- 1) Push-Up Stands (if at home)
- 2) 1-2 Chairs
- 3) Coasters or other markers (could be anything)

Other Recommendation

Tony does have a good warm-up and cool-down in the video