



	DATE / WEEK					
Round 1	01 Back: Wide Pull-Ups Target: 20	R _____	R _____	R _____	R _____	R _____
	02 Belly: In & Outs Target: 30	R _____	R _____	R _____	R _____	R _____
Round 2	03 Back: Chin-Ups Target: 15-20	R _____	R _____	R _____	R _____	R _____
	04 Belly: Bicycles Target: 30	R _____	R _____	R _____	R _____	R _____
Round 3	05 Back: Levers Target: 12	R _____	R _____	R _____	R _____	R _____
	06 Belly: Oblique V-Ups (Slow) Target: 15 per side	R _____	R _____	R _____	R _____	R _____
Round 4	07 Back: Switch Grip Target: 14-16 (Switch Every 2)	R _____	R _____	R _____	R _____	R _____
	08 Belly: Hip Rock & Raise Target: 30	R _____	R _____	R _____	R _____	R _____
Round 5	09 Back: Close-Grip Knee Up / X Pull-Ups Target: 12	R1 (CG KU) _____ R2 (X) _____	R1 (CG KU) _____ R2 (X) _____	R1 (CG KU) _____ R2 (X) _____	R1 (CG KU) _____ R2 (X) _____	R1 (CG KU) _____ R2 (X) _____
	10 Belly: Fifer Scissors Target: 30	R _____	R _____	R _____	R _____	R _____
Round 6	11 Back: Close Grip Chin-Up Target: 15+	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	12 Belly: Golden Gate Open / Close Target: 30	R _____	R _____	R _____	R _____	R _____
Round 7	13 Back: Corn Cob Target: 8	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	14 Belly: Roll-Up V-Ups Target: 30	R _____	R _____	R _____	R _____	R _____
Rd 8	15 Back: 7-Point Pull-Ups Target: 15	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	Time (36 Min)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	Average Heart Rate (BPM)	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
	Calories	Calories _____	Calories _____	Calories _____	Calories _____	Calories _____

P90X ONE ON ONE, VOLUME 2 / DISC 6 - BACK & BELLY

Equipment Required

- 1) Pull-Up Bar
- 2) Mat

Other Recommendation

Worksheets Completed by:

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