



DATE / WEEK						
Complex 1 (Lower)	Round 1	<b>01 Power</b> - Front to Back Lunges (Holding Dumb bells) <i>Target: 5 per side</i>	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
		<b>02 Explosive</b> - Flying Lunges (High Speed / Max Height) <i>Target: 8</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
		<b>03 Flexibility</b> - Forearm Side Arm Balance (Heel Skyward, Arm Raised) <i>Target: 30s per side</i>	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____
	Round 2	<b>04 Power</b> - Front to Back Lunges (Holding Dumb bells) <i>Target: 5 per side</i>	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
		<b>05 Explosive</b> - Flying Lunges (High Speed / Max Height) <i>Target: 8</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
		<b>06 Flexibility</b> - Forearm Side Arm Balance (Heel Skyward, Arm Raised) <i>Target: 30s per side</i>	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____
	Round 3	<b>07 Power</b> - Front to Back Lunges (Holding Dumb bells) <i>Target: 5 per side</i>	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
		<b>08 Explosive</b> - Flying Lunges (High Speed / Max Height) <i>Target: 8</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
		<b>09 Flexibility</b> - Forearm Side Arm Balance (Heel Skyward, Arm Raised) <i>Target: 30s per side</i>	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____
	Round 4	<b>10 Power</b> - Front to Back Lunges (Holding Dumb bells) <i>Target: 5 per side</i>	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
		<b>11 Explosive</b> - Flying Lunges (High Speed / Max Height) <i>Target: 8</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
		<b>12 Flexibility</b> - Forearm Side Arm Balance (Heel Skyward, Arm Raised) <i>Target: 30s per side</i>	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____
Complex 2 (Upper)	Round 1	<b>01 Power</b> - Push-Up Rows (Holding Dumb bells) <i>Target: 5 per side</i>	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
		<b>02 Explosive</b> - Piyo Push-Ups (High Speed / Max Height) <i>Target: 6</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
		<b>03 Flexibility</b> - 4 ball Chaturanga <i>Target: 30s</i>	T _____ T _____	T _____ T _____	T _____ T _____	T _____ T _____
		<b>04 Flexibility</b> - Floor Clock <i>Target: 8 pumps per side</i>	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____
	Round 2	<b>05 Power</b> - Push-Up Rows (Holding Dumb bells) <i>Target: 5 per side</i>	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
		<b>06 Explosive</b> - Piyo Push-Ups (High Speed / Max Height) <i>Target: 6</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
		<b>07 Flexibility</b> - 4 ball Chaturanga <i>Target: 30s</i>	T _____ T _____	T _____ T _____	T _____ T _____	T _____ T _____
		<b>08 Flexibility</b> - Floor Clock <i>Target: 8 pumps per side</i>	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____
	Round 3	<b>09 Power</b> - Push-Up Rows (Holding Dumb bells) <i>Target: 5 per side</i>	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
		<b>10 Explosive</b> - Piyo Push-Ups (High Speed / Max Height) <i>Target: 6</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
		<b>11 Flexibility</b> - 4 ball Chaturanga <i>Target: 30s</i>	T _____ T _____	T _____ T _____	T _____ T _____	T _____ T _____
		<b>12 Flexibility</b> - Floor Clock <i>Target: 8 pumps per side</i>	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____
	Round 4	<b>13 Power</b> - Push-Up Rows (Holding Dumb bells) <i>Target: 5 per side</i>	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
		<b>14 Explosive</b> - Piyo Push-Ups (High Speed / Max Height) <i>Target: 6</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
		<b>15 Flexibility</b> - 4 ball Chaturanga <i>Target: 30s</i>	T _____ T _____	T _____ T _____	T _____ T _____	T _____ T _____
		<b>16 Flexibility</b> - Floor Clock <i>Target: 8 pumps per side</i>	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____	L1 _____ R1 _____
	<b>Time (70 Min)</b>	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	<b>Average Heart Rate (BPM)</b>	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____
P90X ONE ON ONE, VOLUME 3 / DISC 11 - P.A.P. (PAGE 2)						

### P90X ONE ON ONE, VOLUME 3 / DISC 11 - P.A.P. (PAGE 2)

#### Equipment Required

- 1) Dumb bells
- 2) 4 Balls
- 3) Strength Band
- 4) Pull-Up Bar (for stretching)
- 5) Chair / Stability Ball

#### Other Recommendation

