



DATE / WEEK							
Sequence 1	Round 1	<b>01 Back:</b> Zip Kip Iso Chin-Ups Target: >15	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		<b>02 Biceps:</b> Alternating Squatting Concentration Curls Target: 12 (Dumb bell)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 2	<b>03 Back:</b> Band Mower* Target: 12 / Side (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		<b>04 Biceps:</b> Supine Band Curls* Target: 12 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 3	<b>05 Back:</b> Pull Up X Target: 20	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		<b>06 Biceps:</b> Flip Grip Arm Curls* Target: 14 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 4	<b>07 Back:</b> V-Row* Target: 15 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		<b>08 Biceps:</b> One Arm Concentration Curls Target: 12 (Dumb bells)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 5	<b>09 Back:</b> Flip Grip Target: 14-20 (Switch Every Rep)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		<b>10 Biceps:</b> Down the Rack Target: 8 Reps x 3 Sets (Dumb bells)	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____
			R _____ W2 _____	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____
	Round 6	<b>11 Back:</b> 21s Target: 7x3 (Lowers, Uppers, Full)	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____
U - U _____ A _____			U - U _____ A _____	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____	
F - U _____ A _____			F - U _____ A _____	F - U _____ A _____	F - U _____ A _____	F - U _____ A _____	
<b>12 Biceps:</b> Shrug "High & Tight" Curls Target: 10 (Dumb bells)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____		
Sequence 2	Round 7	<b>13 Back:</b> Pull Up X Target: 20	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		<b>14 Biceps:</b> Shrug "High & Tight" Curls Target: 12 (Dumb bells)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 8	<b>15 Back:</b> 21s Target: 7x3 (Uppers, Lower, Full)	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____
			L - U _____ A _____	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____
			F - U _____ A _____	F - U _____ A _____	F - U _____ A _____	F - U _____ A _____	F - U _____ A _____
	<b>16 Biceps:</b> Alternating Squatting Concentration Curls Target: 8 (Dumb bell)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	
	Round 9	<b>17 Back:</b> Band Mower* Target: 12 / Side (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		<b>18 Biceps:</b> Supine Band Curls* Target: 12 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 10	<b>19 Back:</b> V-Row* Target: 15 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		<b>20 Biceps:</b> One Arm Concentration Curls Target: 12 (Dumb bells)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 11	<b>21 Back:</b> Zip Kip Iso Chin-Ups Target: 15	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		<b>22 Biceps:</b> Flip Grip Arm Curls* Target: 14 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 12	<b>23 Back:</b> Flip Grip Target: 14-20 (Switch Every Rep)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	
		R _____ W1 _____	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____	
		R _____ W2 _____	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____	
<b>24 Biceps:</b> Down the Rack Target: 8 Reps x 3 Sets (Dumb bells)	R _____ W3 _____	R _____ W3 _____	R _____ W3 _____	R _____ W3 _____	R _____ W3 _____		
Time (56 Min)	Start _____	Start _____	Start _____	Start _____	Start _____		
	End _____	End _____	End _____	End _____	End _____		
	Total _____	Total _____	Total _____	Total _____	Total _____		
	Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____	

### P90X ONE ON ONE, VOLUME3 / DISC 8 - V-SCULPT

#### Equipment Required

- 1) Pull-Up Bar
- 2) Chair
- 3) Resistance Band(s)
- 4) \*Band-to-Door Assembly (Included with Disc)
- 5) Dumb bells

#### Other Recommendation

- Tony does NO warm-up. Suggest 4-5 minute warm-up on your own

Worksheets Completed by:

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