



DATE / WEEK						
Round 1	<b>01 Chest:</b> Swimmer's Press Push-Up Target: 20	R _____	R _____	R _____	R _____	R _____
	<b>02 Cardio:</b> Spartan Squat Lunge Target: 15 per side	R _____ L _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>03 Core / Abs:</b> Rolling Oblique V-Ups Target: 10 per side	R _____	R _____	R _____	R _____	R _____
	<b>04 Legs:</b> Wide Feet Tip-Tie Squats Target: 30	R _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 2	<b>05 Back:</b> Crunchy Levers Target: 15	U _____ A _____	R _____	R _____	R _____	R _____
	<b>06 Cardio:</b> Flying Fighter Kicks Target: 12 per side	R _____ L _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>07 Core / Abs:</b> Row Your Boat Target: 30	R _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>08 Legs:</b> Jack-in-the-Box Knee Tucks Target: 25	R _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 3	<b>09 Chest:</b> 3-Ball Extravaganze (Push-Up Burpee) Target: 15	R _____ # Balls _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>10 Cardio:</b> "Aaron Mathison" Ram Target: 30	R _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>11 Core / Abs:</b> Russian Twist Target: 30 (w/ dumb bell & med ball)	R _____ W1 _____ W2 _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>12 Legs:</b> Skater Kicks Target: 15 per side	R _____ L _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 4	<b>13 Back:</b> Levers Target: 15	U _____ A _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>14 Cardio:</b> Burpee Frog Squats Target: 12	R _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>15 Core / Abs:</b> In/Out, Up/Down, Open/Close Target: 30	R _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>16 Legs:</b> Holmson Plyo Lunge Target: 15 per side	R _____ L _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Time (43 Min)</b>		Start _____	Start _____	Start _____	Start _____	Start _____
		End _____	End _____	End _____	End _____	End _____
<b>Average Heart Rate (BPM)</b>		Total _____	Total _____	Total _____	Total _____	Total _____
		Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

## P90X ONE ON ONE, VOLUME3 / DISC 12 - TOTAL BODY X

### Equipment Required

- 1) Pull-Up Bar
- 2) 3 Medicine Balls
- 3) Dumb bells
- 4) Stability Ball
- 5) Push-Up Stands

### Other Recommendation

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

