



DATE / WEEK						
Warm Up / Stretch	01 Heel Walk Target: 5 steps each direction (20 steps)	R _____	R _____	R _____	R _____	R _____
	02 Huggers	R _____	R _____	R _____	R _____	R _____
	03 Ball of Feet Smackers Target: 20-30	R _____	R _____	R _____	R _____	R _____
	04 Burpee Salutations Target: 4	R _____	R _____	R _____	R _____	R _____
	05 Deep Lunge Twist & Reach (Elbow to inner ankle, reach to triangle) Target: 10 total	R _____	R _____	R _____	R _____	R _____
	06 Under the Fence Push-Ups (Modified) Target: 10	R _____	R _____	R _____	R _____	R _____
	07 March Skippers Target: 20	R _____	R _____	R _____	R _____	R _____
	08 Supine Scorpion Twists Target: 10	R _____	R _____	R _____	R _____	R _____
	09 Crossover Run (Lateral Rockettes)	R _____	R _____	R _____	R _____	R _____
	10 1-Legged Front Swingers / Side Swingers Target: 20	R _____	R _____	R _____	R _____	R _____
Heated Warm-Up	Round 1	01 Speed Slalom Target: 30	T _____	T _____	T _____	T _____
		02 Chaturanga Push-Ups (Military) Target: 12	R _____	R _____	R _____	R _____
		03 Speed Front / Back Hops Target: 30	R _____	R _____	R _____	R _____
		04 Loading Dock (w/ Medicine Ball) Target: 12 per side (8lb)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		05 Lateral Jumps (Alt) Target: 12-20	R _____	R _____	R _____	R _____
		06 2-Dog Push-Ups Target: 6	R _____	R _____	R _____	R _____
	Round 2	07 Speed Slalom Target: 30	T _____	T _____	T _____	T _____
		08 Chaturanga Push-Ups (Military) Target: 12	R _____	R _____	R _____	R _____
		09 Speed Front / Back Hops Target: 30	R _____	R _____	R _____	R _____
		10 Loading Dock (w/ Medicine Ball) Target: 12 per side (8lb)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		11 Lateral Jumps A(1t) Target: 12-20	R _____	R _____	R _____	R _____
		12 2-Dog Push-Ups Target: 6	R _____	R _____	R _____	R _____

P90X ONE ON ONE, VOLUME 3 / DISC 11 - P.A.P. (PAGE 1)

Equipment Required

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

Other Recommendation

