



P90X2				
Disc	Workout	Time	Target Muscles	Exercises
1	Bring It...Again	-	-	Intro
2	X2 Core	55:37	Core / Total Body	17 Exercises
3	Plyocide	55:24	Explosive Movements to Increase Speed and Endurance	3 Sequences (20 Total Exercises) - 1st and 2nd Sequences contain 8 Exercises each.
4	X2 Recovery+Mobility	57:02	Total Body Recovery focusing on Myofascial Release	3 Sequences (22 Total Exercises) - Warm-Up Sequences (5 Exercises) - Foam Roller Sequence (9 Exercises) - Final Sequence (8 Exercises)
5	X2 Total Body	62:46	Total Body focusing on Resistance and Instability	4 Rounds (24 Total Exercises) - Each Round consist of 6 Total Body Exercises
6	X2 Yoga	67:02	Total Body Flow Yoga	- Warm-up Sequence - Salutations - 2 Sequences - Abs - Stretching - Cool Down
7	X2 Balance+Power	62:02	Total Body focusing on Strength and Explosive Movements	3 Rounds + 1 Bonus Round (21 Total Exercises) - 3 Main Rounds have 6 Exercises Each - Bonus Round has 3 Exercises.
8	Chest+Back+Balance	59:01	Chest and Back	10 Rounds (20 Total Exercises) - Each round consists of one Back and on Chest Exercise
9	X2 Shoulders+Arms	51:57	Shoulders, Biceps, and Triceps	3 Rounds (21 Total Exercises) - 7 Exercises Per Round - Each Round has 3 Shoulder, 2 Bicep, and 2 Tricep Exercises
10	Base+Back	55:26	Legs and Back	10 Rounds (20 Total Exercises) - 5 Rounds Repeated Twice - Each Round contains a Back and Plyometric Exercises
11	P.A.P Lower	61:46	Lower Body	- 2 Complexes - Each Complex contains 4 Rounds - Each Round contains 4 Exercises - Exercises progress from Power to Explosive to Isometric
12	P.A.P Upper	51:57	Upper Body	- 2 Complexes - Each Complex contains 4 Rounds - Each Round contains 4 Exercises - Exercises progress from Power to Explosive to Isometric
13	X2 Ab Ripper	16:18	Abdominal / Core	11 Exercises
14	V-Sculpt	53:18	Back and Biceps	10 Rounds (22 Total Exercises) - Rounds 1-4 and 4-9 contain a Back and Bicep Exercise. - Rounds 5 and 10 contain (2) Back and (1) Bicep Exercise
15	Chest+Shoulders+Tris	48:07	Chest, Shoulders, and Triceps	6 Rounds (18 Total Exercises) - 3 Rounds are repeated twice - Each Round contains a Chest, Shoulder, and Tricep Exercise

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