

DATE / WEEK							
1	01 Twist Target: 10 Stability Ball	62:13	R	R	R	R	R
	02 Squat Target: 10 Stability Ball	61:40	R	R	R	R	R
	03 Side Stretch Target: 10 Stability Ball	61:09	R	R	R	R	R
	04 Alt Back Lunge Target: 10 Stability Ball	60:10	R	R	R	R	R
	05 Atlas Target: 12 Stability Ball	59:37	R	R	R	R	R
	06 Foam Rolling Target: 3:09 Foam Roller	58:48	T	T	T	T	T
	07 Roller Angel Target: 0:40 Foam Roller	55:19	T	T	T	T	T
	08 Roller Sphinx Target: 0:54 Foam Roller	54:42	T	T	T	T	T
	09 World's Greatest Stretch Target: 6	53:38	R	R	R	R	R
	10 Inch Worm Target: 4	52:05	R	R	R	R	R
	11 Scorpion Target: 1:08	50:58	T	T	T	T	T
	12 Groiners Target: 20	49:30	R	R	R	R	R
	13 Table Target: 0:35	48:55	T	T	T	T	T
	14 Scapular Retraction Target: 0:36 Chin-Up Bar	48:06	R	R	R	R	R
Water Break (0:49)							
Round 1	01 1-Arm Chest Press Target: 10-12 (1:24) Stability Ball / Weights	46:33	RT W	RT W	RT W	RT W	RT W
	02 4-Position Pull-Up Target: Max Reps (1:38) Chin-Up Bar	45:01	U A	U A	U A	U A	U A
	03 Push-Up Side Arm Balance Target: Max Reps (1:27) 2 Medicine Balls	43:16	R BC	R BC	R BC	R BC	R BC
	04 Switch Lunge Press Target: 12 Weights	41:02	RT W	RT W	RT W	RT W	RT W
	05 Warrior 3 Kickback Target: 10-15 (1:01) Weights	38:57	RT W	RT W	RT W	RT W	RT W
	06 Warrior 3 Curls Target: 10-15 (0:43) Weights	37:42	LT W	LT W	LT W	LT W	LT W
Water Break (0:57)							
Round 2	07 Boing Push-Up Target: Max Reps (0:34) Stability Ball	36:02	R	R	R	R	R
	08 Crunch Level Pull-Up Target: Max Reps (0:57) Chin-Up Bar	35:05	U A	U A	U A	U A	U A
	09 Mule Kick Burpee Target: Max Reps (1:05)	33:07	R	R	R	R	R
	10 Swimmer's Curl Press in 1/2 Chair Target: 8-12 (0:58) Weights	30:59	RT W	RT W	RT W	RT W	RT W
	11 Balance Kickback on Stability Ball Target: 10 Per Side (1:05) Stability Ball / Weights	29:50	RT W	RT W	RT W	RT W	RT W
	12 Rocket Launcher Preacher Curl Target: 8-12 (0:45) Weights	28:12	RT W	RT W	RT W	RT W	RT W
Water Break (0:55)							
Round 3	13 1-Arm Chest Press Target: 10-12 (1:04) Stability Ball / Weights	26:20	RT W	RT W	RT W	RT W	RT W
	14 4-Position Pull-Up Target: Max Reps (1:27) Chin-Up Bar	24:43	U A	U A	U A	U A	U A
	15 Push-Up Side Arm Balance Target: Max Reps (1:10) 2 Medicine Balls	22:57	R BC	R BC	R BC	R BC	R BC
	16 Switch Lunge Press Target: 12 Weights	21:15	LT W	LT W	LT W	LT W	LT W
	17 Warrior 3 Kickback Target: 10-15 (0:29) Weights	19:59	LT W	LT W	LT W	LT W	LT W
	18 Warrior 3 Curls Target: 10-15 (0:36) Weights	18:52	RT W	RT W	RT W	RT W	RT W
Water Break (1:13)							
Round 4	19 Boing Push-Up Target: Max Reps (0:51) Stability Ball	17:10	R	R	R	R	R
	20 Crunch Level Pull-Up Target: Max Reps (0:37) Chin-Up Bar	15:35	U A	U A	U A	U A	U A
	21 Mule Kick Burpee Target: Max Reps (1:04)	14:31	R	R	R	R	R
	22 Swimmer's Curl Press in 1/2 Chair Target: 8-12 (0:46) Weights	12:34	LT W	LT W	LT W	LT W	LT W
	23 Balance Kickback on Stability Ball Target: 10 Per Side (0:46) Stability Ball / Weights	11:09	RT W	RT W	RT W	RT W	RT W
	24 Rocket Launcher Preacher Curl Target: 8-12 (0:26) Weights	9:29	LT W	LT W	LT W	LT W	LT W
Cool Down	Cool Down Target: 7:56 Stability Ball	8:50	T	T	R	R	R
	Summary Time (62:46)		Start	Start	Start	Start	Start
Summary			End	End	End	End	End
			Total	Total	Total	Total	Total
	Average Heart Rate (BPM)		Ave	Ave	Ave	Ave	Ave
	Calories Burned		Cals	Cals	Cals	Cals	Cals

P90X2, Disc 5 - X2 TOTAL BODY

Tools
 1) Stability Ball
 2) Foam Roller
 3) Weights / Bands
 4) Chin-Up Bar
 5) Chin-Up Max*
 6) 2 Medicine Balls*
 7) Worksheet and Pen
 8) Water and Towel
 *Optional

Legend
R - Reps
W - Weight
T - Time
RT / LT - Right / Left
BC - Ball Config
U - Unassisted
A - Assisted

Tip of the Day
 "Flex Everything"

WORKSHEETS COMPLETED BY:
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