

DATE / WEEK							
Warm-Up	01 Twist Target: 10 Stability Ball	58:05	R	R	R	R	R
	02 Squat Target: 10 Stability Ball	57:37	R	R	R	R	R
	03 Side Stretch Target: 10 Stability Ball	57:05	R	R	R	R	R
	04 Alt Back Lunge Target: 10 Stability Ball	56:19	R	R	R	R	R
	05 Atlas Target: 12 Stability Ball	55:43	R	R	R	R	R
	06 Foam Rolling Target: 3:00 Foam Roller	55:00	T	T	T	T	T
	07 Roller Angel Target: 0:30 Foam Roller	51:33	T	T	T	T	T
	08 Roller Sphinx Target: 0:42 Foam Roller	50:42	T	T	T	T	T
	09 World's Greatest Stretch Target: 6	50:01	R	R	R	R	R
	10 Inch Worm Target: 4	48:15	R	R	R	R	R
	11 Table Target: 0:32	47:14	T	T	T	T	T
	12 Scapular Retraction Target: 0:28 Chin-Up Bar	46:27	T	T	T	T	T
Round 1	01 Back Pull-Up X Target: Max Reps (0:52) Chin-Up Bar	45:53	U A	U A	U A	U A	U A
	02 Chest Plyo Stability Ball Push-Up Target: Max Reps (0:54) Stability Ball	44:00	R BC	R BC	R BC	R BC	R BC
Round 2	03 Back Core Crunch Chin-Up Target: Max Reps (0:52) Chin-Up Bar	42:21	U A	U A	U A	U A	U A
	04 Chest Push-Up Side Arm Balance Target: Max Reps (1:18) 2 Medicine Balls	40:34	R BC	R BC	R BC	R BC	R BC
Round 3	05 Back Lever Target: Max Reps (1:07) Chin-Up Bar	38:48	U A	U A	U A	U A	U A
	06 Chest 4-Ball Push-Ups Target: Max Reps (1:15) 4 Medicine Balls	37:07	R BC	R BC	R BC	R BC	R BC
Round 4	07 Back Chin Pull Target: Max Reps-Switch Every 2 (0:42) Chin-Up Bar	34:44	U A	U A	U A	U A	U A
	08 Chest The Impossible/Possible Target: Max Reps (0:50) 1-2 Medicine Balls / Stability Ball	33:31	R BC	R BC	R BC	R BC	R BC
Round 5	09 Back L Pull-Up Target: Max Reps (0:25) Chin-Up Bar	32:02	U A	U A	U A	U A	U A
	10 Chest 3-Ball Plyo Push-Up Target: 25 3 Medicine Balls	29:20	R BC	R BC	R BC	R BC	R BC
Water Break (1:48)							
Round 6	11 Back Vault Pull-Up Target: Max Reps-Switch Every 2 (0:51) Chin-Up Bar	26:49	U A	U A	U A	U A	U A
	12 Chest Elevated Stability Ball Pull-Up Target: Max Reps (1:10) Stability Ball / Plyo Box	25:18	R BC	R BC	R BC	R BC	R BC
Round 7	13 Back In & Out Target: Max Reps-Switch Every 1 (1:01) Chin-Up Bar	22:54	U A	U A	U A	U A	U A
	14 Chest Swimmer's Push-Up Target: Max Reps (1:22) 2 Medicine Balls	21:11	R BC	R BC	R BC	R BC	R BC
Round 8	15 Back 4 Grip Pull-Up Target: Max Reps (1:07) Chin-Up Bar	18:34	U A	U A	U A	U A	U A
	16 Chest Double Wide Push-Up Target: Max Reps (0:49) 2 Medicine Balls	16:41	R BC	R BC	R BC	R BC	R BC
Round 9	17 Back Double Wide Pull-Up Target: Max Reps (0:38) Chin-Up Bar	14:43	U A	U A	U A	U A	U A
	18 Chest Chattanooga (Bonus) Target: 15	12:58	R	R	R	R	R
Round 10	19 Back Towel Pull-Up (Bonus) Target: Max Reps (0:59) Chin-Up Bar / 2 Hand Towels	11:00	U A	U A	U A	U A	U A
	20 Chest Med Ball Plyo Push-Up (Bonus) Target: Max Reps (0:32) Medicine Ball	08:37	R BC	R BC	R BC	R BC	R BC
Cool Down	Cool Down Target: 6:34 Stability Ball	7:17	T	T	T	T	T
Summary	Time (59:01)	Start	Start	Start	Start	Start	
		End	End	End	End	End	
		Total	Total	Total	Total	Total	
	Average Heart Rate (BPM)	Ave BPM	Ave BPM	Ave BPM	Ave BPM	Ave BPM	
Calories Burned							
P90X2, DISC 8 - CHEST + BACK + BALANCE							

P90X2, DISC 8 - CHEST + BACK + BALANCE

Tools

- 1) Stability Ball
 - 2) Foam Roller *
 - 3) Plyo Box*
 - 4) Chin-Up Bar
 - 5) Chin-Up Max*
 - 6) 4 Medicine Balls*
 - 7) Power Stands*
 - 8) Mat*
 - 9) 2 Hand Towels
 - 10) Worksheet and Pen
 - 11) Water and Towel
- *Optional

Legend

- U - Unassisted
A - Assisted
R - Reps
W - Weight
T - Time
BC - Ball Config

Tip of the Day

"Modify to Finish"

WORKSHEETS COMPLETED BY:

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