

DATE / WEEK								
Warm-Up	01 Twist Target: 10 Stability Ball	51:47	R	R	R	R	R	
	02 Squat Target: 10 Stability Ball	51:11	R	R	R	R	R	
	03 Side Stretch Target: 10 Stability Ball	50:36	R	R	R	R	R	
	04 Alt Back Lunge Target: 10 Stability Ball	49:43	R	R	R	R	R	
	05 Atlas Target: 12 Stability Ball	49:04	R	R	R	R	R	
	06 Foam Rolling Target: 3:17 Foam Roller	48:12	T	T	T	T	T	
	07 Roller Angel Target: 0:44 Foam Roller	44:37	T	T	T	T	T	
	08 Roller Sphinx Target: 0:49 Foam Roller	43:42	T	T	T	T	T	
	09 World's Greatest Stretch Target: 6	42:47	R	R	R	R	R	
	10 Inch Worm Target: 4	41:19	R	R	R	R	R	
	11 Table Target: 0:32	40:08	T	T	T	T	T	
Round 1	01 <u>Biceps</u> Balance Curl Target: 10-16 (0:54) Weights / Stability Ball	39:13	R	W	R	W	R	W
	02 <u>Shoulders</u> Arnold Press Target: 8-12 (0:36) Weights / Stability Ball	37:33	R	W	R	W	R	W
	03 <u>Triceps</u> Overhead Tricep Pull Target: 8-12 (0:40) Weights / Stability Ball	36:33	R	W	R	W	R	W
	04 <u>Shoulders</u> Six Direction Shoulder Fly Target: 8-10 (1:04) Weights / Stability Ball	35:16	R	W	R	W	R	W
	05 <u>Biceps</u> Crazy Eight Target: 32 (4x8) Weights / Stability Ball	33:38	R	W	R	W	R	W
	06 <u>Shoulder</u> Y-T Fly Target: 8-10 (0:46) Weights / Stability Ball	31:31	R	W	R	W	R	W
	07 <u>Triceps</u> Rocket Launch Tricep Kickback Target: 8-10 (0:40) Weights / Plyo Box	30:34	R	W	R	W	R	W
Water Break (0:46)								
Round 2	08 <u>Biceps</u> Balance Curl Target: 10-16 (0:43) Weights / Stability Ball	28:56	R	W	R	W	R	W
	09 <u>Shoulders</u> Arnold Press Target: 8-12 (0:51) Weights / Stability Ball	27:46	R	W	R	W	R	W
	10 <u>Triceps</u> Overhead Tricep Pull Target: 8-12 (0:46) Weights / Stability Ball	26:04	R	W	R	W	R	W
	11 <u>Shoulders</u> Six Direction Shoulder Fly Target: 8-10 (1:07) Weights / Stability Ball	24:40	R	W	R	W	R	W
	12 <u>Biceps</u> Crazy Eight Target: 32 (4x8) Weights / Stability Ball	22:54	R	W	R	W	R	W
	13 <u>Shoulder</u> Y-T Fly Target: 8-10 (0:42) Weights / Stability Ball	20:56	R	W	R	W	R	W
	14 <u>Triceps</u> Rocket Launch Tricep Kickback Target: 8-10 (0:43) Weights / Plyo Box	19:32	R	W	R	W	R	W
Water Break (0:52)								
Round 3	15 <u>Biceps</u> Balance Curl Target: 10-16 (0:46) Weights / Stability Ball	17:42	R	W	R	W	R	W
	16 <u>Shoulders</u> Arnold Press Target: 8-12 (1:03) Weights / Stability Ball	16:17	R	W	R	W	R	W
	17 <u>Triceps</u> Overhead Tricep Pull Target: 8-12 (0:47) Weights / Stability Ball	14:38	R	W	R	W	R	W
	18 <u>Shoulders</u> Six Direction Shoulder Fly Target: 8-10 (1:21) Weights / Stability Ball	13:37	R	W	R	W	R	W
	19 <u>Biceps</u> Crazy Eight Target: 32 (4x8) Weights / Stability Ball	11:44	R	W	R	W	R	W
	20 <u>Shoulder</u> Y-T Fly Target: 8-10 (0:43) Weights / Stability Ball	9:48	R	W	R	W	R	W
	21 <u>Triceps</u> Rocket Launch Tricep Kickback Target: 8-10 (0:58) Weights / Plyo Box	8:14	R	W	R	W	R	W
Cool Down	Cool Down Target: 5:50 Stability Ball	6:34	T	T	T	T	T	
Summary	Time (51:57)	Start	Start	Start	Start	Start		
		End	End	End	End	End		
		Total	Total	Total	Total	Total		
	Average Heart Rate (BPM)	Ave	Ave	Ave	Ave	Ave		
Calories Burned								

P90X2, DISC 9 - X2 SHOULDERS + ARMS

Tools

- 1) Stability Ball
 - 2) Foam Roller*
 - 3) Plyo Box
 - 4) Power Stands*
 - 6) Weights (Bands)
 - 7) Worksheet and Pen
 - 8) Water and Towel
- *Optional

Legend

- R** - Reps
W - Weight
T - Time

WORKSHEETS COMPLETED BY:

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