

DATE / WEEK							
Warm-Up	01 Twist	54:53	R	R	R	R	R
	Target: 10	Stability Ball					
	02 Squat	54:19	R	R	R	R	R
	Target: 10	Stability Ball					
	03 Side Stretch	53:47	R	R	R	R	R
	Target: 10	Stability Ball					
	04 Alt Back Lunge	52:45	R	R	R	R	R
	Target: 10	Stability Ball					
	05 Atlas	52:11	R	R	R	R	R
	Target: 12	Stability Ball					
	06 Foam Rolling	51:31	T	T	T	T	T
	Target: 3:00	Foam Roller					
	07 Roller Angel	48:19	T	T	T	T	T
	Target: 0:40	Foam Roller					
08 Roller Sphinx	47:24	T	T	T	T	T	
Target: 0:39	Foam Roller						
09 Scorpion	46:32	T	T	T	T	T	
Target: 0:48							
10 World's Greatest Stretch	45:39	R	R	R	R	R	
Target: 6							
11 Inch Worm	44:28	R	R	R	R	R	
Target: 4							
12 Groiners	43:09	R	R	R	R	R	
Target: 22	Chin-Up Bar						
13 Leg Swing	42:35	R	R	R	R	R	
Target: 10 Per Side	Foam Roller						
14 Scapular Retraction	41:06	T	T	T	T	T	
Target: 0:17	Chin-Up Bar						
Round 1	01 Back No Kip Pull-Up	40:04	U	U	U	U	U
	Target: 10-12 (0:40)	Chin-Up Bar					
Round 2	02 Base Plyo Frog Squat	38:54	R	R	R	R	R
	Target: 20-30 (0:42)						
Round 3	03 Back Wide Leg Close Grip Chin-Up	37:14	U	U	U	U	U
	Target: 10-12 (0:26)	Chin-Up Bar					
Round 4	04 Base Chair Jump	36:11	R	R	R	R	R
	Target: 20						
Round 5	05 Back Chin Pulls	34:48	U	U	U	U	U
	Target: 10-12 (0:40)	Chin-Up Bar					
Water Break (1:05)							
Round 6	06 Base Plyo Lunge Press	33:02	R	R	R	R	R
	Target: 25	Weights					
Round 7	07 Back V-Pull-Up	31:48	U	U	U	U	U
	Target: 10-12 (0:47)	Chin-Up Bar					
Round 8	08 Base Surfer Spin	30:08	R	R	R	R	R
	Target: 22 (2 RT, 2 LT)						
Round 9	09 Back Kippy Cross Fugly Pull	28:49	U	U	U	U	U
	Target: 10-12 (0:24)	Chin-Up Bar					
Round 10	10 Base Jack-In-The-Box Knee Tuck	27:18	R	R	R	R	R
	Target: 25						
Water Break (2:07)							
Round 11	11 Back No Kip Pull-Up	24:33	U	U	U	U	U
	Target: 10-12 (0:29)	Chin-Up Bar					
Round 12	12 Base Plyo Frog Squat	23:44	R	R	R	R	R
	Target: 20-30 (0:40)						
Round 13	13 Back Wide Leg Close Grip Chin-Up	22:11	U	U	U	U	U
	Target: 10-12 (0:27)	Chin-Up Bar					
Round 14	14 Base Chair Jump	20:40	R	R	R	R	R
	Target: 20						
Round 15	15 Back Chin Pulls	19:30	U	U	U	U	U
	Target: 10-12 (0:36)	Chin-Up Bar					
Water Break (0:47)							
Round 16	16 Base Plyo Lunge Press	17:40	R	R	R	R	R
	Target: 25	Weights					
Round 17	17 Back V-Pull-Up	16:29	U	U	U	U	U
	Target: 10-12 (0:26)	Chin-Up Bar					
Round 18	18 Base Surfer Spin	15:20	R	R	R	R	R
	Target: 22 (2 RT, 2 LT)						
Round 19	19 Back Kippy Cross Fugly Pull	13:57	U	U	U	U	U
	Target: 10-12 (0:25)	Chin-Up Bar					
Round 20	20 Base Jack-In-The-Box Knee Tuck	12:37	R	R	R	R	R
	Target: 25						
Cool Down	Cool Down	11:37	T	T	T	T	T
Target: 10:48	Stability Ball						
Summary	Time (55:26)	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	Cals	Cals	Cals	Cals	Cals		

P90X2, DISC 10 - BASE + BACK

Tools

- 1) Stability Ball
- 2) Foam Roller *
- 3) Chin-Up Bar
- 5) Chin-Up Max*
- 6) Weights*
- 7) Worksheet and Pen
- 8) Water and Towel

*Optional

Legend

- U - Unassisted
- A - Assisted
- R - Reps
- W - Weight
- T - Time

Tip of the Day

"Plan Your Strategy"

WORKSHEETS COMPLETED BY:

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