

WORKSHEET • X2 CORE

DATE / WEEK 01 Sphinx Plank Crunch 02 Warrior 3 Cross Crunch 03 Single Leg Walk Out to Sphinx	R RT	Warm-Up R RT LT RT	R RT LT	R	R
02 Warrior 3 Cross Crunch	RT LT RT LT	R RT LT	RT	RT	
)2 Warrior 3 Cross Crunch	RT LT RT LT	RT	RT	RT	
	LT	LT			RT
	RT		LT		
03 Single Leg Walk Out to Sphinx	LT	RT		LT	LT
		LT	RT	RT	RT
	INI	RT	RT	RT	RT
04 Half Angel	LT	LT	LT	LT	LT
15 Roller Boat	R	R	R	R	R
06 3 Speed Med Ball Push-Up	R	R	R	R	R
07 One Leg Lateral Leap Squat	R	R	R	R	R
	RT Sec	RT Sec	RT Sec	RT Sec	RT Sec
08 Core Circle	LT Sec	LT Sec	LT Sec	LT Sec	LT Sec
09 Holmsen Screamer Lunge	RT	RT	RT	RT	RT
	LT	LT	LT	LT	LT
10 Med Ball Dreya Roll	RW	RW	RW	RW	RW
11 Plank Burpee on Stability Ball	RT	RT	RT	RT	RT
12 Banana Ball Switch Crunch	R	R			R
13 3-Point Squat Press with Med Ball	R	R	R	R	R
4 Slo-Mo Balance Climber (Alternating Legs)	R	R	R	R	R
15 X2 Diver	R	R	R	R	R
	RT	RT	RT	RT	RT
16 Ryan Sphinx Twist Crunch	LT	LT	LT	LT	LT
17 One Leg Med Ball Burpee (Alternate Every 3 Reps)	R	R	R	R	R
		Cool-Down	R = reps	W=weight RT=right L ⁻	Γ = left Sec = time
e these recommended items with P90X2™. To or	dor visit Beachbod	v.com			
					6
Medicine Balls	Foam Roller			Premium Stability Ball	Tony Horton PowerStand
The line	90X® Peak lealth Formula	P90X® Results and Recovery		P90X® Peak Performance	Shakeolo

Equipment Required

• Premium Stability Ball (or Towel and Sturdy Chair)

P90X® Chin-Up Bar

- Foam Roller (or Bands) Weights (or Bands) Mat*
- 1 Medicine Ball* Worksheet and Pen Water and Towel

PowerStands is a registered trademark of Tony Horton.

*Optional

Post-Workout Nutrition

Get better results and recover faster! Within 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula.**

Need more P90X2[™] worksheets? Go to **P90X2Worksheets.com.**



WORKSHEET • X2 TOTAL BODY

	DATE / WEEK					
			Warm-Up			
5	01 1-Arm Chest Press	RTW	RTW	RTW	RTW	RTW
ROUND 1		LTW	LTW	LTW	LTW	LTW
ш	02 4-Position Pull-Up	R	R	R	R	R
	03 Push-Up Side Arm Balance	R	R	R	R	R
		RTW	RTW	RTW	RTW	RTW
	04 Switch Lunge Press	LTW	LTW	LTW	LTW	LTW
	05 Warrior 3 Kickback	RTW	RTW	RTW	RTW	RTW
		LTW	LTW	LTW	LTW	LTW
	06 Warrior 3 Curl	RTW	RTW	RTW	RTW	RTW
		LTW	LTW	LTW	LTW	LTW
			Water Break			
	08 Boing Push-Up	R	R	R	R	R
	09 Crunchy Lever Pull-Up	R	R	R	R	R
	10 Mule Kick Burpee	R	R	R	R	R
	11 Swimmer's Curl Press in ½ Chair	RW	RW	RW	RW	RW
		RTW	RTW	RTW	RTW	RTW
	12 Balance Kickback on Stability Ball	LTW	LTW	LTW	LTW	LTW
	13 Rocket Launcher Preacher Curl	RW	RW	RW	RW	RW
	To Nocket Edulience Frederice ourt	n	rvv	rvv	RVV	rvv
		* <u></u> *	Water Break	rw	KW	кw
2		RTW		RTW	RW	RTW
DUND 2	15 1-Arm Chest Press		Water Break			
ROUND 2		RTW	Water Break	RTW	RTW	RTW
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up	RTW	Water Break RTW LTW	RTW	RTW	RTW
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance	RTW LTW R R	Water Break RTW LTW R R	RTW LTW R	RTW LTW R	RTW LTW R
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up	RTW LTW R	Water Break RTW LTW R	RTW LTW R	RTW LTW R R	RTW LTW R R
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press	RTW LTW R RTW	Water Break RTW LTW R R RTW	RTW LTW R RTW	RTW LTW R R RTW	RTW LTW R R RTW
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance	RTW LTW R RTW LTW	Water Break RTW LTW R RTW LTW	RTW LTW R RTW LTW	RTW LTW R RTW LTW	RTW LTW R RTW LTW
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press 19 Warrior 3 Kickback	RTW LTW R RTW LTW RTW	Water Break RTW LTW R RTW LTW RTW	RTW LTW R RTW LTW RTW	RTW LTW R R RTW LTW	RTW LTW R R RTW RTW
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press	RTW LTW R R RTW LTW LTW	Water Break RTW LTW R RTW LTW LTW LTW LTW	RTW LTW R RTW LTW RTW	RTW LTW R R RTW LTW LTW	RTW LTW R RTW LTW RTW LTW LTW
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press 19 Warrior 3 Kickback	RTW LTW R R RTW LTW RTW LTW RTW	Water Break RTW LTW R RTW RTW RTW RTW	RTW LTW R RTW LTW RTW RTW	RTW LTW R R RTW LTW RTW RTW	RTW LTW R R RTW RTW LTW RTW
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press 19 Warrior 3 Kickback	RTW LTW R R RTW LTW RTW LTW RTW	Water Break RTW LTW R RTW LTW RTW LTW RTW LTW LTW	RTW LTW R RTW LTW RTW RTW	RTW LTW R R RTW LTW RTW RTW	RTW LTW R R RTW RTW LTW RTW
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press 19 Warrior 3 Kickback 20 Warrior 3 Curl	RTW LTW R R RTW LTW RTW LTW RTW	Water Break RTW LTW R RTW RTW LTW RTW LTW RTW LTW RTW LTW W Water Break	RTW LTW R RTW LTW RTW LTW LTW LTW	RTW LTW R RTW LTW RTW LTW LTW LTW	RTW LTW R RTW LTW RTW LTW LTW LTW
ROUND 2	 15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press 19 Warrior 3 Kickback 20 Warrior 3 Curl 22 Boing Push-Up 	RTW LTW R R RTW LTW LTW RTW LTW RTW RTW RTW RTW	Water Break RTW LTW R R RTW LTW LTW	RTW LTW R RTW LTW RTW LTW LTW LTW	RTW LTW R RTW LTW RTW LTW RTW LTW LTW	RTW LTW R RTW LTW RTW LTW LTW LTW
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press 19 Warrior 3 Kickback 20 Warrior 3 Curl 22 Boing Push-Up 23 Crunchy Lever Pull-Up	RTW LTW R RTW LTW RTW LTW RTW RTW RTW RTW RTW RTW RTW	Water Break RTW	RTW LTW R RTW LTW RTW LTW RTW RTW RTW RTW RTW RTW RTW	RTW LTW R RTW LTW RTW LTW RTW RTW RTW RTW RTW	RT W LT W R
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press 19 Warrior 3 Kickback 20 Warrior 3 Curl 22 Boing Push-Up 23 Crunchy Lever Pull-Up 24 Mule Kick Burpee 25 Swimmer's Curl Press in ½ Chair	RTW LTW R RTW LTW RTW LTW RTW RTW RTW RTW RTW RTW RTW R R	Water Break RTW LTW R R RTW LTW RTW RTW	RTW LTW R RTW LTW RTW LTW RTW RTW RTW RT R R	RTW LTW R RTW LTW RTW LTW RTW RTW RTW RT R R	RTW LTW R RTW LTW RTW LTW RTW RTW RTW RTW RTW RTW RTW R R R R
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press 19 Warrior 3 Kickback 20 Warrior 3 Curl 22 Boing Push-Up 23 Crunchy Lever Pull-Up 24 Mule Kick Burpee	RTW LTW R RTW LTW LTW RTW RTW RTW RTW RTW RTW R	Water Break RTW LTW R RTW LTW LTW RTW RTW RTW RTW RTW RTW	RTW LTW R RTW LTW RTW LTW RTW RTW RTW RTW RTW RTW RTW RTW R R R R	RTW LTW R RTW LTW LTW RTW RTW RTW RTW RTW RTW RTW RTW R R	RT W LT W R R RT W LT W LT W LT W RT W RT W RT W RT W RT W R R R R R R R W R W
ROUND 2	15 1-Arm Chest Press 16 4-Position Pull-Up 17 Push-Up Side Arm Balance 18 Switch Lunge Press 19 Warrior 3 Kickback 20 Warrior 3 Curl 22 Boing Push-Up 23 Crunchy Lever Pull-Up 24 Mule Kick Burpee 25 Swimmer's Curl Press in ½ Chair	RTW LTW R RTW LTW RTW RTW R R R R R R R R R R R R	Water Break RTW LTW R RTW LTW RTW LTW RTW RTW RTW	RTW LTW R RTW LTW RTW LTW RTW R R R R R R RT	RTW LTW R RTW LTW RTW LTW RTW RTW RTW R R R	RTW LTW R RTW LTW RTW LTW RTW RTW RTW RTW R R R

Equipment Required

Post-Workout Nutrition

- Stability Ball (or Towel and Sturdy Chair) Foam Roller (or Towel)
- Weights (or Bands) P90X[®] Chin-Up Bar (or Bands with Door Attachment)
- Chin-Up Max (or Sturdy Chair)* 2 Medicine Balls*

12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®.**

Get better results and recover faster! Within 1 hour after exercise, drink

• Worksheet and Pen • Water and Towel

Need more P90X2[™] worksheets? Go to **P90X2Worksheets.com.**

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*Optional

WORKSHEET • X2 BALANCE + POWER

DATE / WEEK					
		Warm-Up			
01 Sphinx to Plank Plyo Bounce	R	R	R	R	R
02 1-Leg Plyo Squat Reach	R	R	R	R	R
03 Russian Twist	R	R	R	R	R
04 Sphinx to Plank Roll Up	R	R	R	R	R
05 4-Direction 1-Leg Squat Hop	LT	LT	LT	LT	LT
	RT	RT	RT	RT	RT
06 Forearm Alt Side Plank	LT	LT	LT	LT	LT
		Water Break	RT	RT	RT
08 Decline Sphinx Plank Press	R		R	R	R
	п	π	π	к	к
09 Weighted Katherine	R	R	R	R	R
10 Plank X Crunch	R	R	R	R	R
11 Renegade Row ½ Lolasana	RW	RW	RW	RW	RW
12 Glute Bridge Roll Out	R	R	R	R	R
13 Over/Under Boat	R	R	R	R	R
		Water Break			
15 Warrior Row Press	LTW	LTW	LTW	LTW	LTW
	LT	LT	LT	LT	LT
16 Split Lunge	RT	RT	RT	RT	RT
17 October David	LTW	LTW	LTW	LTW	LTW
17 Crawly Crab Press	RTW	RTW	RTW	RTW	RTW
18 Lateral Plyo Push-Up	R	R	R	R	R
19 Lunge Kneel Knee Raise	LTW	LTW	LTW	LTW	LTW
	RTW	RTW	RTW	RTW	RTW
20 X Plank Spider Twist	R	R	R	R	R
		Water Break			
22 Dumbbell Row to Side Plank (Alternating Sides Each Rep)	LTW RTW	LTW RTW	LTW RTW	LTW	LTW RTW
22 Dumbhall Cunas Dunas	LTW	LTW	LTW	LTW	LTW
23 Dumbbell Super Burpee	RTW	RTW	RTW	RTW	RTW
24 Plank Ball Crunch	R	R	R	R	R
		Cool-Down		R = reps W = weight	RT = right LT = left

Equipment Required

- Stability Ball (or Towel and Sturdy Chair) Foam Roller (or Towel)
- Weights (or Bands) 1 Medicine Ball* PowerStands®*
- Mat* Worksheet and Pen Water and Towel

Post-Workout Nutrition

PowerStands is a registered trademark of Tony Horton.

*Optional

Need more P90X2TM worksheets? Go to P90X2Worksheets.com.

Get better results and recover faster! Within 1 hour after exercise, drink

12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®.**



WORKSHEET • CHEST + BACK + BALANCE

DATE / WEEK					
DATE / WEEK					
		Warm-Up			
01 Pull-Up X	R	R	R	R	R
02 Plyo Stability Ball Push-Up	R	R	R	R	R
03 Core Crunch Chin-Up	R	R	R	R	R
04 Push-Up Side Arm Balance	R	R	R	R	R
05 Lever	R	R	R	R	R
06 4-Ball Push-Up	R	R	R	R	R
07 Chin Pull	a. Chin-Up R b. Pull-Up R	a. Chin-Up R b. Pull-Up R	a. Chin-Up R b. Pull-Up R	a. Chin-Up R b. Pull-Up R	a. Chin-Up R b. Pull-Up R
08 The Impossible/Possible	R	R	R	R	R
09 "L" Pull-Up	R	R	R	R	R
10 3-Ball Plyo Push-Up (Switch Left to Right)	R	R	R	R	R
		Water Break			
12 Vaulter Pull-Up (Switch Grip Every 2 Reps)	R	R	R	R	R
13 Elevated Stability Ball Push-Up	R	R	R	R	R
14 In & Out (1 Rep Wide Grip, 1 Rep Narrow Grip)	R	R	R	R	R
15 Swimmer's Push-Up	R	R	R	R	R
16 4-Grip Pull-Up	a. Wide Hand Grip R b. Palm to Palm Grip R c. Overhand Close Pull-Up R d. Chin-Up R	a. Wide Hand Grip R b. Palm to Palm Grip R c. Overhand Close Pull-Up R d. Chin-Up R	a. Wide Hand Grip R b. Palm to Palm Grip R c. Overhand Close Pull-Up R d. Chin-Up R	a. Wide Hand Grip R b. Palm to Palm Grip R c. Overhand Close Pull-Up R d. Chin-Up R	a. Wide Hand Grip R b. Palm to Palm Grip R c. Overhand Close Pull-Up R d. Chin-Up R
17 Double Wide Push-Up	R	R	R	R	R
18 Double Wide Pull-Up	R	R	R	R	R
19 Chattarocker	R	R	R	R	R
20 Towel Pull-Up	R	R	R	R	R
21 Med Ball Plyo Push-Up	R	R	R	R	R
		Cool-Down			R = reps W = weight

Equipment Required

- Stability Ball (or Towel and Sturdy Chair) Foam Roller*
- Plyo Box (or Sturdy Chair)* 4 Medicine Balls* PowerStands®*
- P90X[®] Chin-Up Bar (or Door Attachment with Bands) Mat*
- Chin-Up Max (or Sturdy Chair)*
 2 Hand Towels
- Worksheet and Pen Water and Towel

PowerStands is a registered trademark of Tony Horton.

*Optional

Post-Workout Nutrition

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WORKSHEET • X2 SHOULDERS + ARMS

	DATE / WEEK					
			Warm-Up			
D 1	01 Balance Curl	RW	RW	RW	RW	RW
ROUND 1	02 Arnold Press (Alternate Arms)	RW	RW	RW	RW	RW
	03 Overhead Tricep Pull	RW	RW	RW	RW	RW
	04 Six Direction Shoulder Fly	RW	RW	RW	RW	RW
	05 Crazy Eight (Alternate Arms and Feet Every 8 Reps)	RW	RW	RW	RW	RW
	06 Y-T Fly	RW	RW	RW	RW	RW
	07 Rocket Launcher Tricep Kickback	RW	RW	RW	RW	RW
			Water Break			
ROUND 2	09 Balance Curl	RW	RW	RW	RW	RW
ROU	10 Arnold Press (Alternate Arms)	RW	RW	RW	RW	RW
	11 Overhead Tricep Pull	RW	RW	RW	RW	RW
	12 Six Direction Shoulder Fly	RW	RW	RW	RW	RW
	13 Crazy Eight (Alternate Arms and Feet Every 8 Reps)	RW	RW	RW	RW	RW
	14 Y-T Fly	RW	RW	RW	RW	RW
	15 Rocket Launcher Tricep Kickback	RW	RW	RW	RW	RW
			Water Break			
ROUND 3	17 Balance Curl	RW	RW	RW	RW	RW
ROU	18 Arnold Press (Alternate Arms)	RW	RW	RW	RW	RW
	19 Overhead Tricep Pull	RW	RW	RW	RW	RW
	20 Six Direction Shoulder Fly	RW	RW	RW	RW	RW
	21 Crazy Eight (Alternate Arms and Feet Every 8 Reps)	RW	RW	RW	RW	RW
	22 Y-T Fly	RW	RW	RW	RW	RW
	23 Rocket Launcher Tricep Kickback	RW	RW	RW	RW	RW
			Water Break			
			Cool-Down		R	= reps W = weight

Use these recommended items with P90X2[™]. To order, visit **Beachbody.com.**



Equipment Required

- Stability Ball (or Towel and Sturdy Chair) Foam Roller*
- Weights (or Bands) Plyo Box (or Sturdy Chair)
- PowerStands®* Worksheet and Pen Water and Towel

PowerStands is a registered trademark of Tony Horton.

*Optional

Post-Workout Nutrition

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WORKSHEET • X2 BASE + BACK

	DATE / WEEK							
			Warm-Up					
Ę	01 No Kip Pull-Up	R	R	R	R	R		
ROUND 1	02 Plyo Frog Squat	R	R	R	R	R		
	03 Wide Leg Close Grip Chin-Up	R	R	R	R	R		
	04 Chair Jump	R	R	R	R	R		
	05 Chin Pull	R	R	R	R	R		
			Water Break					
	07 Plyo Lunge Press	RW	RW	RW	RW	RW		
	08 V Pull-Up	R	R	R	R	R		
	09 Surfer Spin	R	R	R	R	R		
	10 Kippy Cross Fugly Pull	R	R	R	R	R		
	11 Jack-in-the-Box Knee Tuck	R	R	R	R	R		
			Water Break					
4D 2	13 No Kip Pull-Up	R	R	R	R	R		
ROUND 2	14 Plyo Frog Squat	R	R	R	R	R		
	15 Wide Leg Close Grip Chin-Up	R	R	R	R	R		
	16 Chair Jump	R	R	R	R	R		
	17 Chin Pull	R	R	R	R	R		
			Water Break					
	19 Plyo Lunge Press	RW	RW	RW	RW	RW		
	20 V Pull-Up	R	R	R	R	R		
	21 Surfer Spin	R	R	R	R	R		
	22 Kippy Cross Fugly Pull	R	R	R	R	R		
	23 Jack-in-the-Box Knee Tuck	R	R	R	R	R		
			Cool-Down			R = reps W = weight		
Use t	nese recommended items with P90X2™. To	order, visit Beachboo	ly.com.					
	Medicine Balls							
		100			Stability Ball	PowerStands®		

Shakeology®

Equipment Required

• Stability Ball (or Towel and Sturdy Chair) • Foam Roller*

P90X[®] Chin-Up Bar

- Weights* P90X[®] Chin-Up Bar (or Bands with Door Attachment)
- Chin-Up Max (or Sturdy Chair)* Worksheet and Pen
- Water and Towel

PowerStands is a registered trademark of Tony Horton.

12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula.**

P90X[®] Results

Post-Workout Nutrition

and Recovery Formula®

P90X® Peak

*Optional

Health Formula

Need more P90X2[™] worksheets? Go to **P90X2Worksheets.com.**

P90X®

Get better results and recover faster! Within 1 hour after exercise, drink

Peak Performance Protein Bars



			ORKSHEE	T • X2 CHE	ST + SHOU + TRIS	LDERS
	DATE / WEEK					
			Warm-Up			
ROUND 1	01 Chattarocker Push-Up	R	R	R	R	R
ROUI	02 Strip Press 1	RW	RW	RW	RW	RW
	03 Strip Press 2	RW	RW	RW	RW	RW
	04 Strip Press 3	RW	RW	RW	RW	RW
	05 Tricep Extension on Stability Ball	RW	RW	RW	RW	RW
	06 3-Ball Extravaganza	R	R	R	R	R
	07 Callahan Press (Left Leg)	RW	RW	RW	RW	RW
	08 Iron Man Kickback	RW	RW	RW	RW	RW
	09 Push-Up Side Arm Balance	R	R	R	R	R
	10 X2 Circle Fly	R	R	R	R	R
	11 3-Ball Dip	R	R	R	R	R
			Water Break			
4D 2	13 Chattarocker Push-Up	R	R	R	R	R
ROUND 2	14 Strip Press 1	RW	RW	RW	RW	RW
	15 Strip Press 2	RW	RW	RW	RW	RW
	16 Strip Press 3	RW	RW	RW	RW	RW
	17 Tricep Extension on Stability Ball	RW	RW	RW	RW	RW
	18 3-Ball Extravaganza	R	R	R	R	R
	19 Callahan Press (Right Leg)	RW	RW	RW	RW	RW
	20 Iron Man Kickback	RW	RW	RW	RW	RW
	21 Push-Up Side Arm Balance	R	R	R	R	R
	22 X2 Circle Fly	R	R	R	R	R
	23 3-Ball Dip	R	R	R	R	R
			Cool-Down			R = reps W = weight
Use t	hese recommended items with P90X2™. To	order, visit Beachbo	dy.com.			
					Q	



Equipment Required

• Stability Ball (or Towel and Sturdy Chair) • Foam Roller* • Mat*

• Weights (or Bands) • 4 Medicine Balls* (or 2 Towels) • PowerStands®*

• Plyo Box (or Sturdy Chair) • Worksheet and Pen • Water and Towel

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*Optional

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Get better results and recover faster! Within 1 hour after exercise, drink





WORKSHEET • V SCULPT

DATE / WEEK					
		Warm-Up			
01 Around the World Pull-Up	R	R	R	R	R
02 Alt Hammer Curl	RW	RW	RW	RW	RW
03 Med Ball Renegade Row	RW	RW	RW	RW	RW
04 Band Bicep Curl	RBC	RBC	RBC	RBC	RBC
05 Pull-Up X	R	R	R	R	R
06 Med Ball Renegade Curl	RW	RW	RW	RW	RW
07 Wide Leg Row Twist	RBC	RBC	RBC	RBC	RBC
08 Balance Dumbbell Curl	RW	RW	RW	RW	RW
09 Switch Grip Pull-Up	R	R	R	R	R
10 Roman Band Curl	RBC	RBC	RBC	RBC	RBC
11 21 Pull-Up	a. 7 Low Pull-Up R b. 7 High Pull-Up R c. 7 Full-Range Pull-Up R	a. 7 Low Pull-Up R b. 7 High Pull-Up R c. 7 Full-Range Pull-Up R	a. 7 Low Pull-Up R b. 7 High Pull-Up R c. 7 Full-Range Pull-Up R	a. 7 Low Pull-Up R b. 7 High Pull-Up R c. 7 Full-Range Pull-Up R	a. 7 Low Pull-Up R b. 7 High Pull-Up R c. 7 Full-Range Pull-Up R
13 Entman's Chin-Up	R	Water Break	R	R	R
14 Ball Preacher	RW	RW	RW	RW	RW
15 Stability Ball Lawnmower	RW	W	RW	RW	RW
16 Renegade Roman Curl	RW	RW	RW	RW	RW
17 Zip Kip Pull-Up	R	R	R	R	R
18 High-Rep Balance Curl (Switch Legs at 15 Reps)	RW	RW	RW	RW	RW
19 Straight Arm Pullover	RW	RW	RW	RW	RW
20 Renegade Hammer Curl (Alternating Arms)	RW	RW	RW	RW	RW
21 Zip Kip Chin-Up	R	R	R	R	R
22 Close Body Curl	RW	RW	RW	RW	RW
23 Cross Fugly Pull-Up	R	R	R	R	R
		Cool-Down		R = reps W = w	reight BC = band color

Use these recommended items with P90X2[™]. To order, visit **Beachbody.com.**



P90X® Peak Performance Protein Bars



P90X® Results and Recovery Formula®



P90X® Peak Health Formula



Shakeology®

Equipment Required

- Premium Stability Ball (or Towel and Sturdy Chair) Foam Roller*
- Weights and Bands (or Bands) Plyo Box* (or Towel and Sturdy Chair)
- P90X[®] Chin-Up Bar (or Bands with Door Attachment) Water and Towel
- 1 Medicine Ball* Chin-Up Max* (or Sturdy Chair) Worksheet and Pen *Optional

Post-Workout Nutrition

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