

P90X+ OVERVIEW

Disc	Workout	Time	Target Muscles	Exercises
1	Upper Plus	41m	Chest / Back / Shoulders / Biceps / Triceps	4 Rounds - Each Round is 5 Exercises - Chest, Back, Shoulders, Biceps, Triceps
2	Total Body Plus	45m	Total Body	4 Rounds + 1 Bonus Move - Each Round has 5 Exercises
3	Abs / Core Plus	20m	Abs / Core	5 Rounds - Each Round has 4 Exercises - Hanging, Standing, Plank, Sitting
4	Interval X	41m	Cardio	
5	Kenpo Cardio Plus	41m	Cardio	

WORKSHEETS COMPLETED BY:
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