

DATE / WEEK						
<b>Warm-Up (9:29)</b>						
<b>Round 1</b>	<b>01</b> <u>Chest</u> - O Crunch Push-Ups	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	<b>02</b> <u>Back</u> - Pull-Up Crunch	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	<b>03</b> <u>Total Body</u> - Dead Lift Curl Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>04</b> <u>Legs &amp; Triceps</u> - Step Kick Back Chair Position	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>05</b> <u>Legs</u> - Sumo Chair	R _____	R _____	R _____	R _____	R _____
<b>Round 2</b>	<b>06</b> <u>Chest</u> - Chuck-Up X	U1 _____ A1 _____ U2 _____ A2 _____ U3 _____ A3 _____	U1 _____ A1 _____ U2 _____ A2 _____ U3 _____ A3 _____	U1 _____ A1 _____ U2 _____ A2 _____ U3 _____ A3 _____	U1 _____ A1 _____ U2 _____ A2 _____ U3 _____ A3 _____	U1 _____ A1 _____ U2 _____ A2 _____ U3 _____ A3 _____
	<b>07</b> <u>Back</u> - Cling On Run	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	<b>08</b> <u>Total Body</u> - Lunge Press Bella Twist	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	<b>09</b> <u>Bicep</u> - Balance Curls	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	<b>10</b> <u>Triceps</u> - Running Man	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	<b>Water Break (0:38)</b>					
<b>Round 3</b>	<b>11</b> <u>Chest &amp; Shoulders</u> - Hindu Pike Push-Ups	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	<b>12</b> <u>Legs</u> - Lunge Squat Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>13</b> <u>Total Body</u> - Mr. Moon	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	<b>14</b> <u>Chest &amp; Triceps</u> - Kid Play	R _____	R _____	R _____	R _____	R _____
	<b>15</b> <u>Legs, Chest, Back</u> - 3 & 3	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____
<b>Round 4</b>	<b>16</b> <u>Total Body</u> - 1/2 Dervish	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>17</b> <u>Shoulders &amp; Legs</u> - Weighted Warrior	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	<b>18</b> <u>Legs, Chest, Back</u> - 1 & 1	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____	Squat - R _____ W _____ Push - U _____ A _____ Pull - U _____ A _____
	<b>19</b> <u>Total Body</u> - Lara Lunge Crunch	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	<b>20</b> <u>Chest</u> - Spiderman Jumps	R _____	R _____	R _____	R _____	R _____
	<b>Bonus</b>	<b>21</b> <u>Chest</u> - Plyo Push-Up	R _____	R _____	R _____	R _____
<b>Cool Down (4:27)</b>						
<b>Time (45 Min)</b>	Start _____	Start _____	Start _____	Start _____	Start _____	
	End _____	End _____	End _____	End _____	End _____	
	Total _____	Total _____	Total _____	Total _____	Total _____	
	<b>Average Heart Rate (BPM)</b>	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
<b>Calories Burned</b>	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals	

## P90X<sup>+</sup> - TOTAL BODY PLUS

### Tools

- 1) Weights / Bands
- 2) Push-Up Bars / Power Stands\*
- 3) Chin-Up Bar or Bands (w/ Door to Band Attachment)
- 4) Chin-Up Max Assist\*
- 5) Worksheet and Pen
- 6) Water and Towel

\*Optional

### Legend

- R** - Reps
- W** - Weight
- RT / LT** - Right / Left
- U** - Unassisted
- A** - Assisted

### WORKSHEETS COMPLETED BY:

COACH MIKE ROBERTS  
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