

DATE / WEEK

Warm-Up

01. Sphinx Plank Crunch	R _____	R _____	R _____	R _____	R _____
02. Warrior 3 Cross Crunch	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
03. Single Leg Walk Out to Sphinx	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
04. Half Angel	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
05. 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 _____
08. Core Circle	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec
09. Holmsen Screamer Lunge	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
10. Med Ball Dreya Roll	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11. Plank Burpee on Stability Ball	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
12. Banana Ball Switch Crunch	R _____	R _____	R _____	R _____	R _____
13. 3-Point Squat Press with Med Ball	R _____	R _____	R _____	R _____	R _____
14. Slo-Mo Balance Climber (Alternating Legs)	R _____	R _____	R _____	R _____	R _____
15. X2 Diver	R _____	R _____	R _____	R _____	R _____
16. Ryan Sphinx Twist Crunch	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
17. One Leg Med Ball Burpee (Alternate Every 3 Reps)	R _____	R _____	R _____	R _____	R _____

Cool-Down

R = reps W = weight RT = right LT = left Sec = time

Equipment Required

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

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**.

*Optional

DATE / WEEK						
Warm-Up						
ROUND 1	01. 1-Arm Chest Press	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	RT _____ LT _____
	02. 4-Position Pull-Up	R _____	R _____	R _____	R _____	R _____
	03. Push-Up Side Arm Balance	R _____	R _____	R _____	R _____	R _____
	04. Switch Lunge Press	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	RT _____ LT _____
	05. Warrior 3 Kickback	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	RT _____ LT _____
	06. Warrior 3 Curl	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	RT _____ LT _____
Water Break						
	07. Boing Push-Up	R _____	R _____	R _____	R _____	R _____
	08. Crunchy Lever Pull-Up	R _____	R _____	R _____	R _____	R _____
	09. Mule Kick Burpee	R _____	R _____	R _____	R _____	R _____
	10. Swimmer's Curl Press in 1/2 Chair	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11. Balance Kickback on Stability Ball	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____
	12. Rocket Launcher Preacher Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Water Break						
ROUND 2	13. 1-Arm Chest Press	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	RT _____ LT _____
	14. 4-Position Pull-Up	R _____	R _____	R _____	R _____	R _____
	15. Push-Up Side Arm Balance	R _____	R _____	R _____	R _____	R _____
	16. Switch Lunge Press	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	RT _____ LT _____
	17. Warrior 3 Kickback	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	RT _____ LT _____
	18. Warrior 3 Curl	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	RT _____ LT _____
Water Break						
	19. Boing Push-Up	R _____	R _____	R _____	R _____	R _____
	20. Crunchy Lever Pull-Up	R _____	R _____	R _____	R _____	R _____
	21. Mule Kick Burpee	R _____	R _____	R _____	R _____	R _____
	22. Swimmer's Curl Press in 1/2 Chair	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	23. Balance Kickback on Stability Ball	R _____ LT _____	R _____ LT _____	R _____ LT _____	R _____ LT _____	RT _____ LT _____
	24. Rocket Launcher Preacher Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
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) • P90X® Chin-Up Bar (or Bands with Door Attachment)
- Chin-Up Max (or Sturdy Chair)* • 2 Medicine Balls*
- Worksheet and Pen • Water and Towel

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**.

*Optional

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 _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____
06. Forearm Alt Side Plank	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____

Water Break

07. Decline Sphinx Plank Press	R _____	R _____	R _____	R _____	R _____
08. Weighted Katherine	R _____	R _____	R _____	R _____	R _____
09. Plank X Crunch	R _____	R _____	R _____	R _____	R _____
10. Renegade Row ½ Lolasana	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11. Glute Bridge Roll Out	R _____	R _____	R _____	R _____	R _____
12. Over/Under Boat	R _____	R _____	R _____	R _____	R _____

Water Break

13. Warrior Row Press	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____
14. Split Lunge	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____
15. Crawly Crab Press	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____
16. Lateral Plyo Push-Up	R _____	R _____	R _____	R _____	R _____
17. Lunge Kneel Knee Raise	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____
18. X Plank Spider Twist	R _____	R _____	R _____	R _____	R _____

Water Break

19. Dumbbell Row to Side Plank	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____
20. Dumbbell Super Burpee	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____	LT _____ W _____ RT _____ W _____
21. 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

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®**.
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*Optional

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 _____	a. Chin-Up R _____	a. Chin-Up R _____	a. Chin-Up R _____	a. Chin-Up R _____
	b. Pull-Up R _____	b. Pull-Up R _____	b. Pull-Up R _____	b. Pull-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					
11. Vaulted Pull-Up (Switch Grip Every 2 Reps)	R _____	R _____	R _____	R _____	R _____
12. Elevated Stability Ball Push-Up	R _____	R _____	R _____	R _____	R _____
13. In & Out (1 Rep Wide Grip, 1 Rep Narrow Grip)	R _____	R _____	R _____	R _____	R _____
14. Swimmer's Push-Up	R _____	R _____	R _____	R _____	R _____
15. 4-Grip Pull-Up	a. Wide Hand Grip R _____	a. Wide Hand Grip R _____	a. Wide Hand Grip R _____	a. Wide Hand Grip R _____	a. Wide Hand Grip R _____
	b. Palm to Palm Grip R _____	b. Palm to Palm Grip R _____	b. Palm to Palm Grip R _____	b. Palm to Palm Grip R _____	b. Palm to Palm Grip R _____
	c. Overhand Close Pull-Up R _____	c. Overhand Close Pull-Up R _____	c. Overhand Close Pull-Up R _____	c. Overhand Close Pull-Up R _____	c. Overhand Close Pull-Up R _____
	d. Chin-Up R _____	d. Chin-Up R _____	d. Chin-Up R _____	d. Chin-Up R _____	d. Chin-Up R _____
16. Double Wide Push-Up	R _____	R _____	R _____	R _____	R _____
17. Double Wide Pull-Up	R _____	R _____	R _____	R _____	R _____
18. Chattarocker	R _____	R _____	R _____	R _____	R _____
19. Towel Pull-Up	R _____	R _____	R _____	R _____	R _____
20. 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

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*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**.

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DATE / WEEK						
Warm-Up						
ROUND 1	01. Balance Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	02. Arnold Press (Alternate Arms)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03. Overhead Tricep Pull	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04. Six Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05. Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06. Y-T Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07. Rocket Launcher Tricep Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Water Break						
ROUND 2	08. Balance Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09. Arnold Press (Alternate Arms)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10. Overhead Tricep Pull	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11. Six Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12. Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	13. Y-T Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14. Rocket Launcher Tricep Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Water Break						
ROUND 3	15. Balance Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	16. Arnold Press (Alternate Arms)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	17. Overhead Tricep Pull	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	18. Six Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	19. Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20. Y-T Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	21. Rocket Launcher Tricep Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Cool-Down						

R = reps W = weight

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

Post-Workout Nutrition

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*Optional

DATE / WEEK					
Warm-Up					
ROUND 1	01. No Kip Pull-Up	R _____	R _____	R _____	R _____
	02. Plyo Frog Squat	R _____	R _____	R _____	R _____
	03. Wide Leg Close Grip Chin-Up	R _____	R _____	R _____	R _____
	04. Chair Jump	R _____	R _____	R _____	R _____
	05. Chin Pull	R _____	R _____	R _____	R _____
Water Break					
	06. Plyo Lunge Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07. V Pull-Up	R _____	R _____	R _____	R _____
	08. Surfer Spin	R _____	R _____	R _____	R _____
	09. Kippy Cross Fugly Pull	R _____	R _____	R _____	R _____
	10. Jack-in-the-Box Knee Tuck	R _____	R _____	R _____	R _____
Water Break					
ROUND 2	11. No Kip Pull-Up	R _____	R _____	R _____	R _____
	12. Plyo Frog Squat	R _____	R _____	R _____	R _____
	13. Wide Leg Close Grip Chin-Up	R _____	R _____	R _____	R _____
	14. Chair Jump	R _____	R _____	R _____	R _____
	15. Chin Pull	R _____	R _____	R _____	R _____
Water Break					
	16. Plyo Lunge Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	17. V Pull-Up	R _____	R _____	R _____	R _____
	18. Surfer Spin	R _____	R _____	R _____	R _____
	19. Kippy Cross Fugly Pull	R _____	R _____	R _____	R _____
	20. Jack-in-the-Box Knee Tuck	R _____	R _____	R _____	R _____
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* • P90X® Chin-Up Bar (or Bands with Door Attachment)
- Chin-Up Max (or Sturdy Chair)* • Worksheet and Pen
- Water and Towel

Post-Workout Nutrition

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*Optional

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DATE / WEEK						
Warm-Up						
ROUND 1	01. Chattanooga Push-Up	R _____	R _____	R _____	R _____	R _____
	02. Strip Press 1	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03. Strip Press 2	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04. Strip Press 3	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05. Tricep Extension on Stability Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06. 3-Ball Extravaganza	R _____	R _____	R _____	R _____	R _____
	07. Callahan Press (Left Leg)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08. Iron Man Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	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						
ROUND 2	12. Chattanooga Push-Up	R _____	R _____	R _____	R _____	R _____
	13. Strip Press 1	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14. Strip Press 2	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15. Strip Press 3	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	16. Tricep Extension on Stability Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	17. 3-Ball Extravaganza	R _____	R _____	R _____	R _____	R _____
	18. Callahan Press (Right Leg)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	19. Iron Man Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20. Push-Up Side Arm Balance	R _____	R _____	R _____	R _____	R _____
	21. X2 Circle Fly	R _____	R _____	R _____	R _____	R _____
	22. 3-Ball Dip	R _____	R _____	R _____	R _____	R _____
Cool-Down						R = reps W = weight

To order this additional extreme workout, visit P90X2BonusWorkouts.com.

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

Post-Workout Nutrition

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*Optional

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

Cool-Down

R = reps W = weight BC = band color

To order this additional extreme workout, visit P90X2BonusWorkouts.com.

Equipment Required

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