



WORKSHEET • SHOULDERS & ARMS • DISC 3

DATE / WEEK					
Warm-Up (2:46 + 7:23)					
01 SHOULDERS - Alternating Shoulder Presses	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
02 BICEPS - In & Out Bicep Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
03 TRICEPS - Two-Arm Triceps Kickback	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
04 SHOULDERS - Alternating Shoulder Presses	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
05 BICEPS - In & Out Bicep Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
06 TRICEPS - Two-Arm Triceps Kickback	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Ballistic Stretch (0:30)					
07 SHOULDERS - Deep Swimmer's Presses	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
08 BICEPS - Full Supination Concentration Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
09 TRICEPS - Chair Dips	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
10 SHOULDERS - Deep Swimmer's Presses	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
11 BICEPS - Full Supination Concentration Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
12 TRICEPS - Chair Dips	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Ballistic Stretch (0:30)					
13 SHOULDERS - Upright Rows	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
14 BICEPS - Static Arm Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
15 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
16 SHOULDERS - Upright Rows	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
17 BICEPS - Static Arm Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
18 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Ballistic Stretch (0:34)					
19 SHOULDERS - Seated Two-Angle Shoulder Flys	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
20 BICEPS - Crouching Cohen Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
21 TRICEPS - Lying-Down Triceps Extensions	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
22 SHOULDERS - Seated Two-Angle Shoulder Flys	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
23 BICEPS - Crouching Cohen Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
24 TRICEPS - Lying-Down Triceps Extensions	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Ballistic Stretch (0:38)					
25 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
26 BICEPS - Congdon Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
27 TRICEPS - Side Tri-Rises	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
28 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
29 BICEPS - Congdon Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
30 TRICEPS - Side Tri-Rises	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
Cool Down (3:29)					
				R: reps W: weight	RT: right LT: left

Equipment Required • Weights or resistance bands
• Bench or chair

Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

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