

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 2 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 Holman Screamer Lunge	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
10 Med Ball Droya 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 Six-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

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



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.

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*Optional

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