P90X® WORKSHEET • LEGS & BACK • DISC 5

DATE / WEEK					
Warm-Up (2:27 + 7:34)					
01 LEGS - Balanced Lunges	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
02 LEGS - Calf-Raise Squats	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
03 BACK - Reverse Grip Chin-Ups	R_____	R_____	R_____	R_____	R_____
04 LEGS - Super Skaters	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
05 LEGS - Wall Squats	R_____sec	R_____sec	R_____sec	R_____sec	R_____sec
06 BACK - Wide Front Pull-Ups	R_____	R_____	R_____	R_____	R_____
07 LEGS - Step Back Lunge	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
08 LEGS - Alternating Side Lunge	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
09 BACK - Closed Grip Overhead Pull-Ups	R_____	R_____	R_____	R_____	R_____
10 LEGS - Single-Leg Wall Squat	R_____sec	R_____sec	R_____sec	R_____sec	R_____sec
11 LEGS - Deadlift Squats	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
12 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R_____	R_____	R_____	R_____	R_____
Water Break (2:00)					
13 LEGS - Three-Way Lunge	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
14 LEGS - Sneaky Lunge	R_____	R_____	R_____	R_____	R_____
15 BACK - Reverse Grip Chin-Ups	R_____	R_____	R_____	R_____	R_____
16 LEGS - Chair Salutations	R_____sec	R_____sec	R_____sec	R_____sec	R_____sec
17 LEGS - Toe-Roll Iso Lunge	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
18 BACK - Wide Front Pull-Ups	R_____	R_____	R_____	R_____	R_____
19 LEGS - Groucho Walk	R_____sec	R_____sec	R_____sec	R_____sec	R_____sec
20 LEGS - Calf Raises: Toes Out	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
20 LEGS - Calf Raises: Feet Parallel	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
20 LEGS - Calf Raises: Toes In	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
21 BACK - Closed Grip Overhand Pull-Ups	R_____	R_____	R_____	R_____	R_____
22 LEGS - 80/20 Siebers-Speed Squats	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
23 BACK - Switch Grip Pull-Ups	R_____	R_____	R_____	R_____	R_____
Cool Down (4:18)				R: reps W: weight	RT: right LT: left

Equipment Required

- Weights or resistance bands
- P90X® Chin-Up Bar
  (+ Chin-up Max, if you struggle with pull-ups)
- 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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