

| 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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