

DATE / WEEK						
Warm-Up						
80001	01 1-Arm Chest Press	RT _____	RT _____	RT _____	RT _____	RT _____
		LT _____	LT _____	LT _____	LT _____	LT _____
	02 4-Position Push-Up	R _____	R _____	R _____	R _____	R _____
		L _____	L _____	L _____	L _____	L _____
	03 Push-Up Side Arm Balance	R _____	R _____	R _____	R _____	R _____
		L _____	L _____	L _____	L _____	L _____
04 Switch Lunge Press	RT _____	RT _____	RT _____	RT _____	RT _____	
	LT _____	LT _____	LT _____	LT _____	LT _____	
05 Warrior 3 Kickback	RT _____	RT _____	RT _____	RT _____	RT _____	
	LT _____	LT _____	LT _____	LT _____	LT _____	
06 Warrior 3 Curl	RT _____	RT _____	RT _____	RT _____	RT _____	
	LT _____	LT _____	LT _____	LT _____	LT _____	
Water Break						
	08 Boing Push-Up	R _____	R _____	R _____	R _____	R _____
	09 Crunchy Lateral Pull-Up	R _____	R _____	R _____	R _____	R _____
	10 Mule Kick Burpee	R _____	R _____	R _____	R _____	R _____
	11 Swimmer's Curl Press in 1/2 Chair	R _____	R _____	R _____	R _____	R _____
	12 Balance Kickback on Stability Ball	RT _____	RT _____	RT _____	RT _____	RT _____
		LT _____	LT _____	LT _____	LT _____	LT _____
	13 Rocket Launcher Preacher Curl	R _____	R _____	R _____	R _____	R _____
Water Break						
80002	15 1-Arm Chest Press	RT _____	RT _____	RT _____	RT _____	RT _____
		LT _____	LT _____	LT _____	LT _____	LT _____
	16 4-Position Push-Up	R _____	R _____	R _____	R _____	R _____
		L _____	L _____	L _____	L _____	L _____
	17 Push-Up Side Arm Balance	R _____	R _____	R _____	R _____	R _____
		L _____	L _____	L _____	L _____	L _____
18 Switch Lunge Press	RT _____	RT _____	RT _____	RT _____	RT _____	
	LT _____	LT _____	LT _____	LT _____	LT _____	
19 Warrior 3 Kickback	RT _____	RT _____	RT _____	RT _____	RT _____	
	LT _____	LT _____	LT _____	LT _____	LT _____	
20 Warrior 3 Curl	RT _____	RT _____	RT _____	RT _____	RT _____	
	LT _____	LT _____	LT _____	LT _____	LT _____	
Water Break						
	22 Boing Push-Up	R _____	R _____	R _____	R _____	R _____
	23 Crunchy Lateral Pull-Up	R _____	R _____	R _____	R _____	R _____
	24 Mule Kick Burpee	R _____	R _____	R _____	R _____	R _____
	25 Swimmer's Curl Press in 1/2 Chair	R _____	R _____	R _____	R _____	R _____
	26 Balance Kickback on Stability Ball	RT _____	RT _____	RT _____	RT _____	RT _____
		LT _____	LT _____	LT _____	LT _____	LT _____
	27 Rocket Launcher Preacher Curl	R _____	R _____	R _____	R _____	R _____
Cool-Down						

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

*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®.

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Pap Lower Worksheet

TD Snyder

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'TD Snyder' text.

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