

A90X2



FITNESS GUIDE
POWER YOUR PERFORMANCE



WARNING!

P90X2™ is an extreme, high-intensity, physically demanding home fitness program. Your safety requires a high level of personal responsibility and self-awareness to avoid injury.

DO NOT attempt the P90X2 workouts if you do not meet the minimum fitness requirements outlined in the P90X2 Fitness Guide, or if you have a history of knee, ankle, shoulder, wrist, or spinal (back or neck) problems or injuries.

YOU are in charge of your safety and fitness, so please only proceed with this program if you accept this responsibility and feel that you are able to undertake an extreme, physically demanding fitness program.

If you do not accept this responsibility, you should return the entire product where you purchased it for a full refund of the purchase price, or perhaps exchange it for a Beachbody® program that's more appropriate for you. Beachbody offers many fitness alternatives if you are prone to or have a history of injuries, or are not ready for an extreme, physically demanding workout—but P90X2 is not one of them.

If you accept the responsibility and undertake these extreme workouts, you should never exercise beyond the level at which you feel comfortable—it is critical that you acknowledge your role in preventing injury by stopping or skipping any move that feels outside your comfort zone.

If at any time you feel you are exercising beyond your current fitness abilities, or you feel discomfort, pain, dizziness, or nausea, you should discontinue exercise immediately and reconsider your use of P90X2 or the particular P90X2 routine.

This Warning is not to be discounted.

The user assumes all risks of injury in the use of this program.

Consult your physician and assess your fitness levels before beginning this or any exercise program.

In addition to all other safety and other instructions, please note the following:

- You should always warm up before beginning any workout.
- You should never work out beyond the level where you feel comfortable and are in control.
- Many of the P90X2 workouts utilize equipment that requires you to remain balanced and in control, such as medicine balls, stability balls, resistance bands, and other equipment. Always make sure your hands are not wet or sweaty to ensure you do not slip or lose your grip or balance while working out.
- Always exercise extreme caution and care when using resistance bands in connection with the P90X2 workouts to avoid injury—never pull the bands toward your face or head, and never attempt to complete an exercise if you cannot do so safely and in a controlled manner.
- Before commencing each exercise, you must ensure that you have the proper grip, balance, or stability, as applicable for each particular routine.
- Only you can know if you are in sufficient physical condition to perform the P90X2 workouts; you are responsible for knowing your limits and comfort zone, and for stopping (or not starting) P90X2 or any P90X2 workout if you are not able to perform the workout without injury.

P90X2[®]

QUICKSTART GUIDE

CONGRATULATIONS ON ORDERING P90X2[™] and making the decision to completely transform your body in just 90 days. We know you're excited to get started right away, so here are 5 quick steps to help you do just that!

STEP 1

Visit Beachbody.com/P90X2 or TeamBeachbody.com to download your free worksheets and link to the P90X2 Message Boards and Chats for amazing support from Tony and other P90X2ers.

STEP 2

Watch the *"How To Bring It Again"* video for a quick overview of the program.

STEP 3

CONFIRM that you have all the necessary equipment and supplements so you'll get your best results.

STEP 4

Work out in our online WOWY SuperGym[®] at WOWY.com today for a chance to win prizes.

For best results, read the P90X2 **Power Your Performance Fitness Guide** and the P90X2 **Fuel Your Performance Nutrition Guide**.



Welcome to the Future of Fitness: P90X2™

“I felt like a fool.”

I’m not too proud to say it: Going through the first few workouts of Power 90®, P90X®, TurboFire®, and INSANITY®, I got lost in some of the moves. And I’m sure I wasn’t alone. So OK, our egos were devastated while the gang on screen did everything just right. But we got through it and that felt amazing, didn’t it?

It’s up to you again—welcome back to your new “square one.”

The breakthrough of P90X2 is that Tony has managed to take all of us back to a new beginning. Check your ego at the door, because everything’s about to get challenged. But we can do it, you and I. We absolutely can if we’re prepared for it!

And it’s worth it!

When you see this through, EVERYTHING about your agility, stamina, strength, and vitality will improve. And your body will look and act like it.

Your’re not alone.

But I also understand that to succeed, you’ll want some support. This is why you should seriously consider joining our online support community at TeamBeachbody.com, where you’ll find all the people who are doing P90X2 and jumping into the “deep end of the pool” with you. Find a Coach who’s going through the program. Take advantage of Tony’s Corner—the place to go for advice and live chats with the master of motivation himself.

And with the help of that support and motivation, I hope you’ll “pay it forward” by sending us your results. We want you to be counted among our Success Stories so you can have your chance to be featured in our TV campaigns. You’ll be able to inspire as many people as possible with the fact that real fitness and health come from doing what it takes, and real people (like you and me) *have* what it takes!

I have no doubt that as you go through P90X2, you’ll be talking about it to other people. That’s going to create more sales. If your enthusiasm and hard work helps us get P90X2 in the hands of more people, I want you to get the reward too. That’s what being a Team Beachbody® Coach is about—not about being an expert—but about inspiring people to take action and go for it! Believe me, it pays to find out more about coaching sooner rather than later.

But right now, the priority is to take a deep breath and dive in. Welcome to the future of fitness: P90X2!

Bring It!® . . . *again!*

A handwritten signature in black ink that reads "Carl DAIKELER". The signature is stylized and cursive.

CARL DAIKELER
Chairman and CEO
Beachbody and Team Beachbody

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TEAM BEACHBODY

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INTRODUCTION



WHAT IS P90X2?

HOW IS IT DIFFERENT FROM P90X?



It's an evolution of a process you began with P90X—to get into the best shape of your life. Just like P90X, P90X2 is a 90-day program that will challenge you athletically. It's about continuing your progress after P90X so you continue changing your body composition. This is the next step in your fitness journey; an extension of P90X. And you know how that drill goes. Get ready to Bring It!®... again!

Consider P90X2 to be THE next wave in applied science for body transformation. It takes the principles and foundation of the P90X concept and dials it up to the next level with additional focus on functionality, agility, balance, mobility, and of course visible results.



MUSCLE CONFUSION™ 2

If you doubt your muscles could feel any more confused than the first time you did P90X—you ain't seen nothin' yet! P90X2 is going to up the ante with movements, sets, supersets, and complexes that will have your muscles (actually energy systems, but we'll talk science later) so challenged, they won't have any choice but to fight to get stronger and more efficient to keep up with the challenge.

LESS IS MORE

As intensity increases, training volume needs to decrease to allow more time for recovery, so in P90X2 you'll only be training 5 days per week. Remember what you learned in P90X: The body can only grow stronger during the period of rest after it's been challenged. This time around, you're earning more rest. Performance training is all about efficiency, and P90X2 has evolved to the point where less really leads to more: More strength. More agility. And even more visible results.

AM I READY FOR P90X2?

You'll find out by taking the same test you took before P90X. P90X2 isn't any harder than P90X. Of course, you may not believe that during the first week. Flash back to the first time you did P90X. Could anything feel harder than that? Probably not. So while P90X2 isn't technically harder, it's probably going to feel harder until you get used to it. And since X2 is still based on Muscle Confusion, with a healthy helping of functional training, it's going to take you some time to adapt. But when you take your P90X2 body back to P90X, you'll be able to work harder than ever before.

So back to the readiness question. If you can complete the Fit Test, you're ready. If not, an intro program—like Power 90® or 10-Minute Trainer®—will provide you with better results and help prepare your body for P90X, then P90X2.

P90X2[®]

PROGRAM OVERVIEW PERIODIZATION SCHEDULE

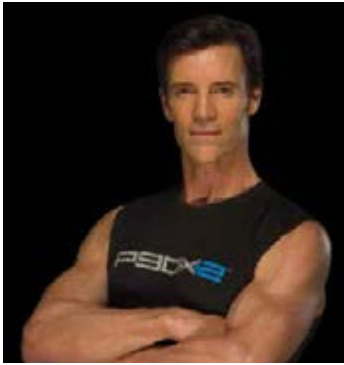
↑
RESULTS



TIME

DAY 1

DAY 90



A NOTE FROM
TONY HORTON

Welcome to P90X2!

You're holding the next generation of the most popular fitness program in America. I've spent the last few years working with fitness professionals, military personnel, professional athletes, and you P90Xers, who've all helped me create the P90X sequel: P90X2. I think you're going to agree it's been well worth the effort!

Chances are you've torn through the original P90X more than once. Maybe after a round or two of the X, you picked up P90X+® or a handful of my P90X ONE on ONE® workouts. If you have, then you're certainly ready for X2. If you haven't, but you've passed the Fit Test, don't give it a thought. You'll find plenty of modifications in P90X2 if you need them.

P90X was created because we knew millions of people had graduated from the Power 90 program and were ready for more. We also knew that millions more were NOT getting results from going to the gym. We spent more than a year researching and exploring techniques to create P90X. It needed variety, choices, options, and modifications so it could work for everyone and prevent injuries, boredom, and the dreaded plateau effect. The result was a training technique you probably know well by now: Muscle Confusion.

After two amazing 90-day test groups, we launched P90X to the world. The response was slow at first because no one had ever seen anything like it before. Skeptics and critics said we couldn't sell hard work and healthy food to the general public. Some folks were a little scared at first, while others just couldn't believe that 12 1-hour hardcore workouts using dumbbells, bands, a pull-up bar, and gravity—in front of your TV set—could produce such life-changing results.

The early pioneers who took that challenge learned that P90X demolished the plateau effect. It worked because it was the first system of its kind that combined weight training, body weight exercises, yoga, Kenpo karate, core exercises, and functional fitness—all in one 90-day program.

Since then, we've learned that professional athletes from around the world were using P90X. Celebrities, rock stars, and movie stars were also choosing P90X over antiquated, stale routines that didn't give them the results they needed. This combination of first-time volunteers and unsolicited celebrity endorsements was the tipping point that opened the door for millions of other folks to take the challenge. Seven years after its inception, P90X has become the #1 fitness program in the USA.

During its development, we had no idea P90X would become the phenomenon it is today. As a result, I felt the responsibility to make it even better. For P90X2, I continued my quest for fitness knowledge and enlisted the help of some of the brightest minds in the business. Dr. Marcus Elliot, Steve Edwards, Steve Holmsen, and Stephanie Saunders each played a huge role in helping me develop P90X2. We call the result Muscle Confusion 2. If you thought P90X was state-of-the-art fitness, wait 'til you experience P90X2! My original goal with Power 90 was to help people get healthier, stronger, leaner, and better in 90 days. With P90X we took that simple model and made it eXtreme. And now with P90X2, you have an opportunity to journey even higher.

Now get ready to Bring It! . . . again!

Tony Horton
Creator
P90X and P90X2

We realize you didn't buy a home workout program just to sift through a lot of scientific research. *Actually, that's our job.* We're perfectly happy to apply the science so you can leave the research abstracts and test data to us. Meanwhile, we feel you'll get more out of this program if you understand our rationale for its design.



THE SCIENCE



BEHIND P90X2

**DO YOUR
BEST**



**FORGET
THE REST**



THE EVOLUTION OF P90X

This is how it'll go down in the Beachbody history books. We originally created P90X for graduates of our hit program Power 90. And while we knew we were making a great program, no one (outside of Beachbody) expected it to turn into the phenomenon it has. In fact, most big names in the industry thought we were shooting way too high in our expectations of the masses. "It'll never sell," they told us. "People aren't willing to work that hard."

So congratulations: You've proven the "experts" wrong. Not only were you willing to work hard, but you've been asking us for more. And here's our answer—our latest take on applied science geared toward human performance and visible results: P90X2.



THE P90X2 SYSTEM

There's a sports adage called "buying into the system" that refers to how well a team of athletes comes together under a coach's philosophy. P90X2 is the new system we're asking you to buy into.

The original Power 90 was a combination of efficient fitness and fun, where Tony kept you laughing so much you didn't feel as if you were buying into anything. And while there's science (called Sectional Progression™) behind its creation, that program was mainly about consistency and just Pushing Play.

With P90X, we upped the sophistication level and asked you to rise to the occasion and *Bring It!* With P90X2, we're bringin' it again, this time adding a new layer. As usual, Tony is his entertaining self, delivering a unique blend of motivation and humor.

P90X2 isn't necessarily a harder program than P90X, but it does adhere to the most modern thinking in sports science. "Do your best and forget the rest" is still the idiom we're living by, only now we've expanded "your best" to include form and function instead of just effort. THAT is the critical distinction. As any top athlete will attest, as you ask more from your body, it becomes less about just doing it and more about *how* you do it. P90X2 will connect your sense of performance with your self-awareness. Finishing with good form is now more important than finishing itself.



PERIODIZED EVOLUTION

Muscle Confusion, aka the periodized training schedule of P90X, was the cornerstone of that breakthrough program. It taught you about adaptation, mastery, recovery, and how to train in phases with transitions in between. For P90X2, we continue with these principles, but allow more individuality, because as a P90X grad you've earned our respect.

P90X2 is designed to let you get the most out of it based specifically on your agenda. Each training phase and corresponding recovery period is designed so it can be tailored to your specific needs.



**NEARLY EVERY
MOVEMENT YOU DO
IN P90X2 IS CONCEIVED
WITH AN ULTERIOR MOTIVE:
APPLICATION TO REAL-
WORLD FUNCTIONALITY.**

FUNCTIONALITY

In addition to getting you into amazing shape, Beachbody programs always strive to help you function better in every aspect of your daily life. Whether it's lifting a box, throwing a ball, or running a marathon, our programs can help you complete it in a way that's efficient and safe for your body. With P90X2, we've taken this concept to a laser-specific level. Nearly every movement in P90X2 is conceived with an ulterior motive: It applies to real-world functionality.

The human body is an incredible machine. Unfortunately, we're not taught at a young age how to cope with life and keep our bodies functioning properly. The result is that most of us age with injuries or bad habits that lead to a breakdown in our kinetic (or movement) chain, which includes our skeleton, muscles, and nervous system and the way they work together to create movement and function. The movements, workouts, and entire training schedule of P90X2 are designed around retraining the kinetic chain, unlearning inefficient movement patterns,



and reinstalling the correct ones, with the ultimate aim of getting your body to move the way it's supposed to so it's stronger and more agile. Follow P90X2 through to its end, and you'll find that virtually every other physical task you do will become easier.

INSTABILITY

One of the ways we improve functionality is by introducing instability into the exercise we're doing. Think of it as a graduate course after your undergrad degree in Muscle Confusion—now we're challenging the whole system at once. We do this in several ways. Sometimes we use outside aids, like stability and medicine balls, which remove the security of a flat base. Other times, we use unilateral movements, which mimic real-world functionality with just half the body at one time, throwing everything off balance.

Having an unstable platform forces your body to create its own stability by firing its muscles in harmony. As your stability improves, you'll begin to discard old patterns that recruited ligaments and tendons for strength, and revert back to the more natural and strong way of using

the muscle groups in harmony to create stability. You'll walk with less effort, your posture will improve, and your everyday movements will become smoother. As your muscular balance improves, you'll find it easier to make athletic gains. Your strength and speed will improve, and you'll find it easier to build muscle and/or lose fat.

FORM IS KING

The new take on doing your best and forgetting the rest is that form is king. You do your best to finish each set with perfect form. In P90X2, when your form fails, you're done. No arching your back, slumping your shoulders, or trying to move your dumbbell to cheat an exercise. Research elite athletes and you'll find people who master form, from the way a defensive back positions himself to backpedal and change direction with his designated receiver, to the way an Olympic lifter will absolutely stop training when form is lost. Injury happens when an athlete sacrifices form. Progress is made when the body learns that form matters. Welcome to the big time. The P90X2 system is about training the right muscles in the correct way to increase functionality.



MOBILITY, FLEXIBILITY, AND NEURO-INTEGRATED STRETCHING

A significant factor in increasing athletic performance is mobility. Most adults are in awe when they watch the way children move. Without a lifetime of wear and tear and bad movement patterns, children move with a fluidity attributed to, well, youth. To combat learned patterns and preserve the natural process of growing up, P90X2 has incorporated four very different flexibility techniques: self myofascial release, static stretching, ballistic stretching, and neuro-integrated stretching.

Self myofascial release is done with a foam roller (or a piece of PVC pipe or medicine ball). Self myofascial release will smooth out your muscle fascia (connective tissue that covers each of your muscles), which enables your muscles to function more efficiently. Think of it as rolling over the knots that have accumulated over

years of abuse or neglect. It works in the same way a rolling pin breaks up and flattens out lumps in dough.

The aim of sports massage is to reshape this tissue. Daily foam rolling can do more to enhance your performance than any other single form of therapeutic movement.

We've also provided more traditional static stretching alternatives anytime there's a foam roller in play, and we want you to use them too. Long, slow stretching, especially after exercise, is still a very effective tool, not just for recovery, but for overall attitude and stress release. In a perfect world, we'd like to see you take 1 day a week and do a long, slow stretching routine, which effectively turns your **X2 Recovery + Mobility** routine into a double workout.



Some days you foam roll, other days you use the stretch option.

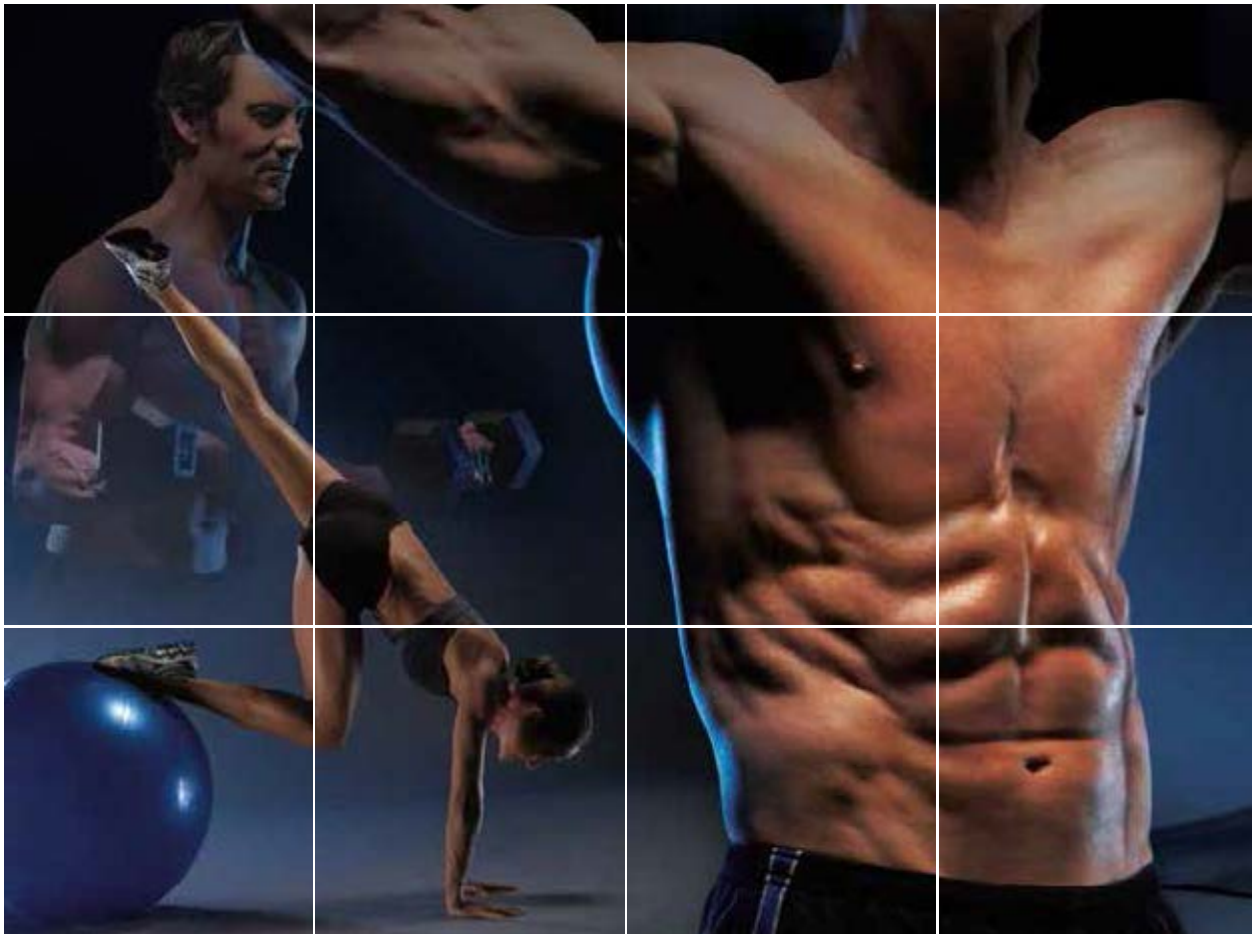
And we still have our ballistic stretches from P90X. Huggers, shakers, and other movements that take your joints through a full range of motion in the cool-downs are still a practical component of P90X2.

You're also going to get familiar with something new: Neuro-Integrated Stretching (NIS). NIS is a technique that combines two stretching principles called Mechanical Elongation and Reciprocal Inhibition. This basically means we'll contract one muscle in order to lengthen another, and we'll do it for specific periods of time with the aid of a resistance band, stability ball, or towel. This stretching technique is especially effective after dynamic workouts like *Plyocide* and *P.A.P. Upper* and *P.A.P. Lower*, but feel free to use it anytime you're in the mood, as long as you're totally warmed up.



**A HUGE
COMPONENT IN
INCREASING
HUMAN
PERFORMANCE
IS MOBILITY.**

POST-ACTIVATION POTENTIATION AND COMPLEX TRAINING



In the third training phase of P90X2, we'll introduce you to something termed Complex Training and a phenomenon called **Post-Activation Potentiation (P.A.P.)**. Until now, these techniques were only available to the world's elite athletes. By studying the relationship between athletes and Complex Training, we've been able to utilize the most pertinent elements in a training program targeted to the masses.

The Chairman of the Beachbody Scientific Advisory Board is Dr. Marcus Elliott, and his Peak Performance Project (P3) is integral to P90X2 and the evolution of P90X. P3 is an applied science training facility in Santa Barbara, California, where the effects of **P.A.P.** on athletes has been studied for many years. Below is a brief summary of what they've found.

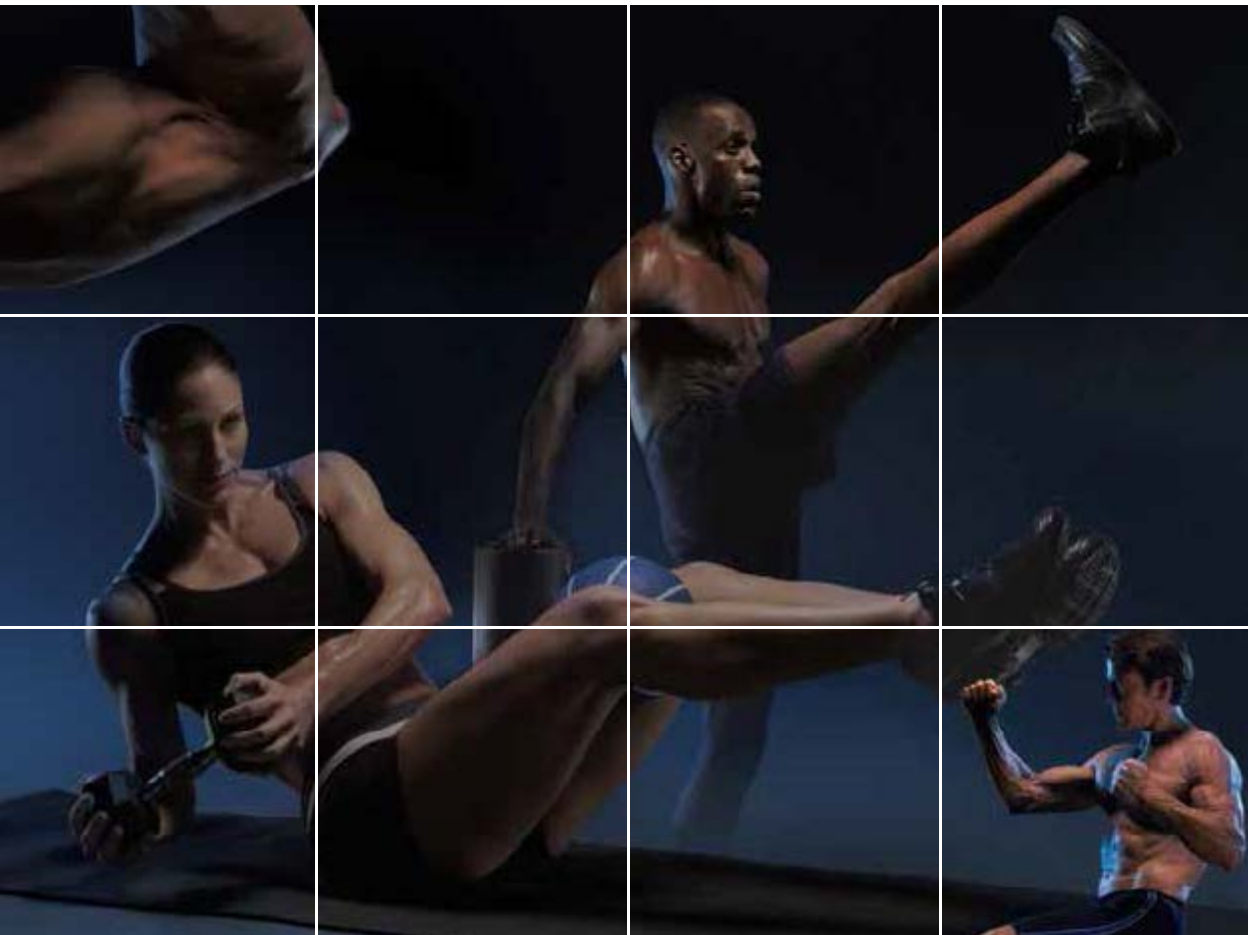
"At P3, a major route to improving performance is through the application of Complex Training, which involves combining high-load strength movements with biomechanically similar plyometric/ballistic movements as a means of taking advantage of

Post-Activation Potentiation (P.A.P.), a phenomenon that refers to enhancement of muscle function as a result of its contractile history. P3 has found that *Complex Training is far superior in developing athletic power to either resistance training or plyometric training alone, and while there are other mechanisms involved in P3 Complexes, the successful manipulation of P.A.P. plays an important role."*

For those wishing to dig deeper into the science, we'll provide links on the Web site. For now, here's the abbreviated explanation of **P.A.P.**

"Heavy loading prior to an explosive movement induces a high degree of central nervous system stimulation, resulting in greater motor unit recruitment and force, which can last from 5 to 30 minutes."

Chiu, L.Z., A.C. Fry, L.W. Weiss, B.K. Schilling, L.E. Brown, and S.L. Smith, "Postactivation Potentiation Response in Athletic and Recreationally Trained Individuals," *Journal of Strength and Conditioning Research* 17, issue 4 (Nov. 2003): 671-677.

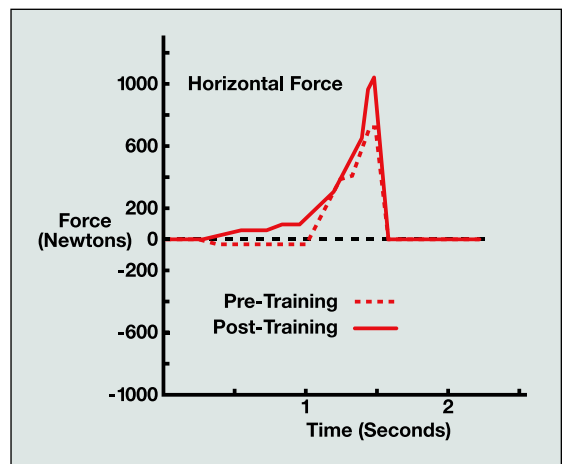


Translation: Doing a weighted resistance exercise prior to an explosive movement can increase the amount of power produced by conditioned individuals. This means the patterns in the body that make you jump higher, move faster, and lift more weight are improved by prefatiguing the body's muscles in a particular way. Note: We said in *conditioned* individuals. There's a reason we don't get into *P.A.P.* until the third phase of the program.

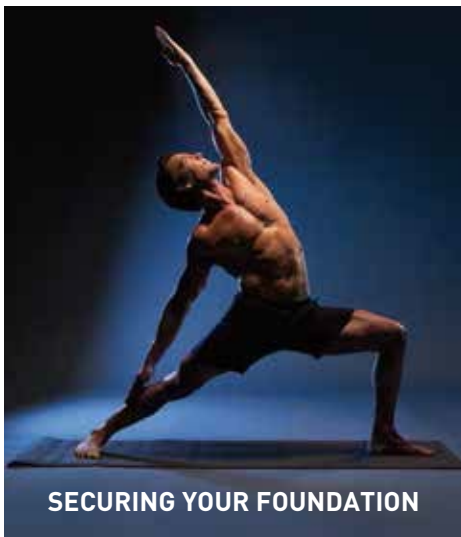
In each training complex, we follow the two *P.A.P.* exercises with two more movements that target areas in the body we've found to be weak in a high percentage of athletes. These exercises are focused on pelvic and scapular (hip and shoulder) instability.

So not only will Complex Training help increase your power and explosive strength, it'll greatly reduce the chance of your getting injured. Sports programs

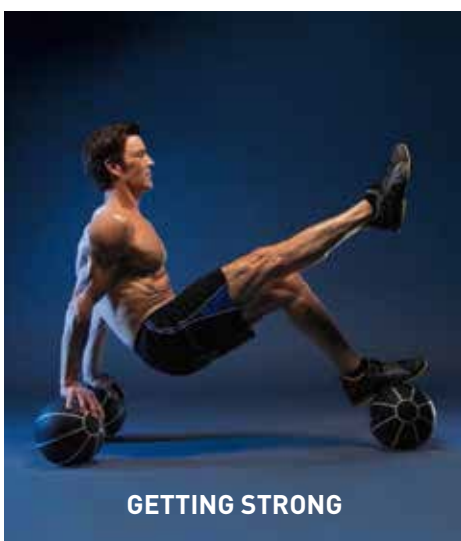
working with P3 have seen their rate for non-contact-related sports injuries drop to virtually zero.



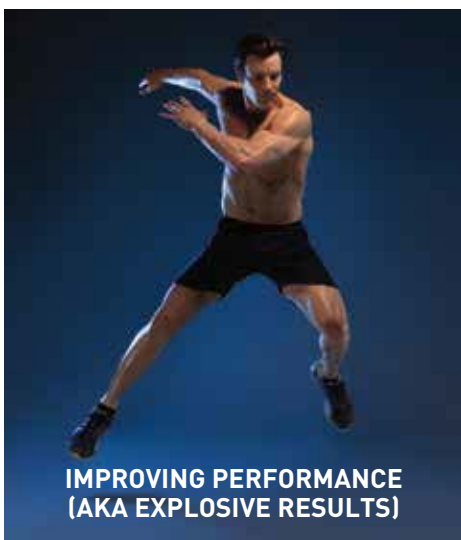
This force plate graph shows the effects of *P.A.P.* and Complex Training on power output. Force plates are used by training professionals at P3 to measure an athlete's power output during explosive movements.



SECURING YOUR FOUNDATION



GETTING STRONG



IMPROVING PERFORMANCE
(AKA EXPLOSIVE RESULTS)

TRAINING PHASES

PHASE 1 The first training phase focuses on your foundation, or more specifically on your attachment to the ground. This refers not just to your legs but to your entire kinetic chain, meaning your muscular, skeletal, and nervous systems. There's a saying that "you can't fire a cannon from a canoe." In other words, if your base isn't solid, the rest of you certainly won't be when you attempt to do anything explosive. The goal of Phase 1 is to help you create a solid attachment to the earth so you can do all other movements without compromising your form. When this happens, you'll look, feel, and perform better.

PHASE 2 Next we take your strong foundation and strengthen everything above it even more. This training phase will be most familiar to P90Xers because it's similar in structure to the original program. These are the individual workouts that have evolved over the last 6 years, but now they're working from unstable—or athletic—positions. This will promote strength gains that can be more seamlessly integrated into real-world movements, resulting in enhanced performance.

Since this is the phase where the most visible body composition change, as in weight loss or muscle gain, occurs, we've incorporated our two additional workouts (**V Sculpt** and **X2 Chest + Shoulders + Tris**) here. Just swap these two workouts for **Chest + Back + Balance** and **X2 Shoulders + Arms** when you want to lengthen this block and keep the Muscle Confusion going strong.

PHASE 3 This is the money phase, where we take all the changes we've been making in your body and focus them on pure performance. The key to this phase is **P.A.P.** and doing repeated series of movements called "complexes." These workouts will destroy you in an oh-so-beautiful way. After a few weeks of **P.A.P.**, your body will feel more springy and loose, as if you were (to borrow a word from Camelot) "youthening."



LENGTHENING YOUR TRAINING PHASES

Notice on your calendar that we give you a variable amount of time to choose how long each phase of your program should be. This is because each time you do a round of P90X2, you're likely to have different goals. Some might take only 30 days to complete, while others might take up to 6 weeks.

Phase 1 is going to be very challenging for many people and we recommend that you get pretty good at it before moving on. You don't have to completely master it (that could take your entire life) but you should feel reasonably proficient at each workout before moving ahead. Still, don't extend any phase for too long or you'll get stale, and adaptation improvements will slow down. Optimally, we recommend 3 to 6 weeks.

Those looking to gain muscle mass or lose excess body fat may want to spend a little extra time

in Phase 2, which is why it includes two extra workout options. Remember, you never want to exceed 6 weeks in any one training phase before moving through the rest of the program and additional recovery periods. Think back to what you learned in P90X: Any type of training done for too long will lead to a results plateau. Even if you don't care at all about balance or performance, doing the first and third phase will help you get better results in Phase 2. We recommend 3 to 6 weeks.

Phase 3, the performance phase, is where you're likely to see the quickest improvements in your fitness. But keep in mind that the flame that burns twice as bright burns half as long. And we all know how THAT feels. You shouldn't push this phase for too long before moving into a recovery period. We recommend only 3 to 4 weeks.



RECOVERY

No recovery weeks are built into P90X2 because it's designed to be tailored to your specific goals. So because there's no absolute schedule for this program, you won't find a specific recovery week structured into your program. Instead, we provide an example and let you work it in where you need it. Scheduling workouts can be challenging in our everyday lives. Having the freedom to schedule your workouts, and your recovery periods, means you can fit them in around hectic times. This works out well because there's no set amount of time when you'll definitely need a fixed recovery period. In P90X, the training phases were all very similar. This means the adaptation/mastery cycle happens quicker (see the P90X Fitness Guide). For this reason, the original P90X "recovery" week was also a transition week. It involved changing the energy systems that had been stressed in the prior 3 weeks. The principle is simple: You need to change up what you're doing to avoid a results plateau.

The three training phases in P90X2 are much more variable than the ones in P90X. Since there's less adaptive/mastery overlap, it's not necessary to take a transition week after each 3 weeks of training, or even necessarily after each phase. Each new phase of P90X2 has different targeted workouts that create change in new

areas, meaning that you reset the adaptive/mastery cycle.

Guidelines for your personal recovery period are fairly straightforward: Transition into a recovery period when you're very tired, but before you're exhausted. The best indicator that you need recovery time is when your workout performance begins to decline instead of improve, or whenever you begin to feel tired and listless, like you just can't sleep enough. These are signs of overtraining. One thing we always recommend is that when you're unsure, take some rest. There's an old saying that "it's better to be 25 percent undertrained than 1 percent overtrained," because overtraining means there could be a breakdown in the form of illness or injury.

Also keep in mind that we use weeks because they're convenient. Seven is not a magic number of days. Sometimes 3 days off is sufficient; sometimes you might need 10 or 12. There are too many variables at this level of training to have only one schedule that everyone should follow. When you step up to P90X2, you're in an elite group and now you have to take more responsibility for listening to your body and managing your schedule.

Most athletic trainers schedule recovery periods that range from a few days to a week every 3 to 6 weeks. This means that, on average, you'll



want to schedule *at least* one recovery period into every 90-day training cycle, but possibly as many as four. It's up to you to listen to your body and make decisions like an elite athlete.

WHERE'S THE CARDIO?

Cardio isn't a term generally associated with athletic or elite training plans, so we've thrown it out. Cardio is actually NOT a type of workout but a catchall slogan for anything that trains your heart. What you won't see in this program is "traditional" cardio training—usually some kind of steady-state aerobic workout that, at this level, would barely serve as a warmup. Each workout in P90X2 targets something specific. And while that specificity never calls out the word "cardio," your heart will be getting a lot of exercise.

WHAT HAPPENED TO LEAN AND DOUBLES?

With the training schedule provided, you're definitely going to get lean. You won't be needing the Lean Schedule option featured in P90X. Double workouts are still effective, but we're not going to provide them here. Here's more detail:

When you do a double schedule, you almost always end up compromising one of the two workouts.

P90X2 workouts are going to take you to task. If you're Bringin' It the way you should, there's not going to be much energy left for a second workout. So our version of doubles would be to have you add **X2 Recovery + Mobility** anytime you like.

But we know some of you will have goals beyond simply completing X2. Endurance athletes and cardio junkies have an almost uncontrollable urge to move. A lot. If this is you, always make your other workout of the day a light aerobic or base-level session, no matter if it's a run, bike ride, swim, or workout video. This can help increase your aerobic efficiency and actually help speed up your recovery process. Just keep it light. If you start burning up stored fuel and breaking down muscle, your primary P90X2 workouts are going to suffer.

HOTEL ROOM WORKOUT

One of the perks of P90X2 is the hotel room variations. Every workout is set up so you can do it on the road using a few bands, a door attachment, and furniture you'll find in any hotel room. Sorry, all you folks with hectic travel schedules, we've just eliminated your easiest excuse for getting out of exercise. We're also guessing you're going to be shocked by just how effective this version of the program is. Chances are pretty good that you've made your last visit to a hotel gym.



THE BEACHBODY FITNESS EXPERTS

You'll notice that Tony repeatedly mentions "the fitness experts" during the workouts. When he created the P90X routines, Tony was quick to decide that to present world-class programming to people, he wanted to put together a world-class team of advisors. For P90X2, he did the same thing, and this time added extra science.

If you've spent much time on TeamBeachbody.com you already know some of them, but here they all are so you'll know who Tony's talking about. For full bios, check out TeamBeachbody.com.

STEVE EDWARDS

Athlete, coach, trainer, nutritionist, and human lab rat, Steve has been overseeing all of Beachbody's fitness and nutritional development since 2001, as well as serving as the Message Board's Fitness Advisor.

DENIS FAYE

Better known as Beachbody's Advice Staff, the formerly weight-challenged Denis has been educating Beachbody customers and aiding their transformations since 2002.

STEVE HOLMSEN

A functional trainer, extreme skier, foam rolling aficionado, and Tony Horton's primary coconspirator, Steve has been helping raise Tony's game since Tony enrolled in one of his extreme ski camps many years back.

SARA RYBA

This New York-based registered dietician and certified nutritionist has been working on Beachbody's nutrition guides since 2004.

STEPHANIE SAUNDERS

Formerly a professional dancer, Steph's been a personal trainer and fitness instructor for 15 years. Also a Beachbody Advice Staff member on the Message Boards, Steph put the Saunders into the P90X "Saunders Stretch Cycle."

DR. MARCUS ELLIOTT AND THE PEAK PERFORMANCE PROJECT

Dr. Elliott is the head of Beachbody's Scientific Advisory Board. A Harvard-educated physician specializing in performance enhancement and the development of elite athletes, he's the founder of P3. This training facility is dedicated to applying cutting-edge science for optimal athletic achievement. He's trained some of the world's best athletes, including those at the U.S. Olympic Training Center, the Australian Institute of Sport, and the Sports Science Institute of South Africa.

Since 1998, Dr. Elliott's primary focus has been on peak performance and injury prevention in U.S. professional power-based sports, including baseball, basketball, football, volleyball, and soccer. For the past few years we've been working with Dr. Elliott and his staff at P3 to apply the systems that work for athletes at the cutting edge of sports to the general population.

P90X2 PREP

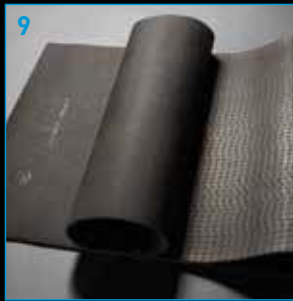
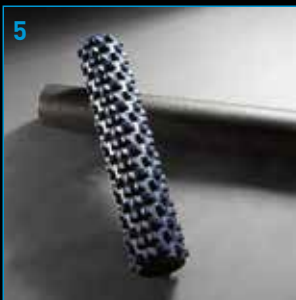
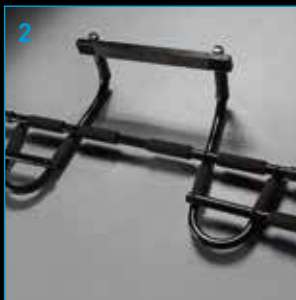


**EQUIPMENT
NUTRITION
SUPPLEMENTATION
“BEFORE” AND “AFTER” PHOTOS
“BEFORE” AND “AFTER” MEASUREMENTS
TAKE THE FIT TEST**



EQUIPMENT

If you're on a tight budget or hectic travel schedule, our hotel room variations mean you can do P90X2 with nothing but some exercise bands, a door attachment, and furniture. While we're proud of this option, the most effective way to do the program is by using all our recommended equipment. Here's a quick breakdown of everything you'll see used in the workouts, in our recommended order of importance. Ask your Team Beachbody Coach or go to Beachbody.com.



1 RESISTANCE BANDS

Everyone should have a set of resistance bands, from light to heavy, as well as a door attachment. You'll definitely need a set of bands if you're doing P90X2 on the road and you don't have a chin-up bar and dumbbells. (*V Sculpt* has moves that require bands.*)

2 CHIN-UP BAR

As with P90X, you're going to see a lot of pull-ups, chin-ups, and core movements done while hanging from a chin-up bar. Because these movements utilize your body weight, they're the hardest moves to mimic with bands. While we like our variations, you'll see better results with a chin-up bar.

3 DUMBBELLS

While bands are a great substitute, most movements in P90X2 are more easily performed with some free weight. How much weight you'll need depends, of course, on how strong you are. Both men and women will need some light weight for P90X2, probably as low as 5 pounds (and maybe even 3 pounds). 25 pounds for women and 40 pounds for men will cover the upside for most of you. Once you exceed this you probably won't be reading these instructions anyway. In a perfectly muscle-confused world, you'll switch back and forth between bands and free weights regularly.

4 STABILITY BALL

You've read about the importance of training with unstable platforms, and nothing makes this as easy or convenient as a good stability ball. Yes, you can substitute your furniture, but we think you'll be better off doing it the other way around. Use your stability ball for your workouts AND to sit on while working, watching TV, etc. Keep this in mind when choosing the size of your ball: The smaller the ball you have, the less stable the platform, so, in general, small is more difficult. However, you do want your ball to fit—especially when using it as a chair—so it's best to get a ball that fits first, then switch to a smaller ball as your technique improves. We sell two sizes: 55 cm, which is perfect for anyone who is 5'0" to 5'7"; and 65 cm, which is good for people 5'8" to 6'3". If you don't fit in either range, you can find 45 cm and 75 cm balls at most sporting goods stores.

5 FOAM ROLLER

You can just stretch, but you'll be much happier if you invest in a good foam roller. This myofascial release technique is the key for many people—especially athletes—looking to reduce muscle and joint pain. The longer you wait to try it, the louder you'll exclaim, "I should have started this years ago!"

6 CHIN-UP MAX

Even if you're an expert at using a chair to assist pull-ups (which many of you probably are by now), this clever device is going to greatly improve your workouts. Not only does the Chin-Up Max* help you complete more pull-ups, it actually positions your body so you'll use better form on each pull-up or chin-up. The end result? You get better at pull-ups faster and your entire training program becomes more effective. Note: Don't think of the Chin-Up Max as an option for weaklings. If you can knock out 20 pull-ups with no problem, imagine how fast you'll get to 30 pull-ups if you have an assist that helps you knock out five more with a little help. It's as if you were doing strip sets with pull-ups. THAT'S training!

7 MEDICINE BALL (OR TWO, OR THREE, OR FOUR)

You can substitute a lot of home equipment for medicine balls,* but none will be as effective as the real thing. Many movements are done using two balls, with options for up to four. And while we call them optional equipment, once you've used a proper med ball, you're going to be less enthusiastic about how your basketball/soccer ball combo feels. Med balls are sturdy, allowing you to more easily master difficult balance movements and progress quicker to more advanced positions. Plus they're weighted, so you get an added strength benefit anytime you're required to move them. As with all weights, the amount you'll want to use varies. Most people should begin with 8 pounds. Eventually you'll want to own balls in a range of sizes and weights.

8 PUSH-UP STANDS/TONY HORTON'S POWERSTANDS®

These are kind of like stable medicine balls. They allow greater range of motion during many exercises and ease the strain on your wrists.

9 YOGA/JUMP MAT

You've got one of these by now, right? If not, it's time.

10 YOGA BLOCKS

Not only do yoga blocks make it easier to get into difficult positions, but they can help ensure that you do each pose with the proper posture, leading to quicker results.

*These products contain natural rubber latex, which can cause severe allergic reactions. Powerstands is a registered trademark of Tony Horton.

NUTRITION

If you want all the benefits possible from P90X2, you've got to fuel your body properly. Nutrition is the single most important step in recovering well from hard exercise. So don't ignore the **Fuel Your Performance Nutrition Guide** that came with your program. After many years of customer feedback, we've improved the nutrition plan so it's both more versatile and easier than ever to follow. Don't derail all your hard work by following the "Standard American Diet."[†] Eat to fuel your performance.

[†]A diet high in sugar, processed foods, overly fatty meat, and dairy products is now referred to as the "Standard American Diet" (SAD) in nutrition circles worldwide. At Beachbody, one of our goals is to change this label.



SUPPLEMENTATION

P90X2 is an extremely intense fitness program. Sheer will and determination may get you to the finish line, but to achieve the best results, you've got to have the proper quality and quantity of nutrition. We make these supplements optional, so you have a choice. But know that P90X2 supplement recommendations will supply your body with the necessary nutrients to give you added strength, energy, and stamina for each workout.*

Keep in mind, supplements are not drugs. Supplements are taken to subtly assist the body to naturally reach and achieve beyond normal everyday activities.

The cornerstone supplements identified below have been created to help you get the most from your efforts throughout this program.

Note: We don't trust a supplement that promises to do something for nothing. The P90X2 system is what we like to call "supplement assisted."

SHAKEOLOGY®: THE HEALTHIEST MEAL OF THE DAY®



Making Shakeology part of your P90X2 Nutrition Plan is a great way to increase energy and reduce junk-food cravings. Shakeology is a patent-pending, nutrient-dense superfood protein shake. Packed with protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare ingredients—like adaptogens, camu-camu, and sacha inchi—it gives you unique nutrients you can't get from an ordinary diet.* Choose from two flavors: rich, decadent Chocolate or refreshing, fruity Greenberry.

Whether you use it as a meal replacement for weight loss or as a healthy snack alternative, Shakeology can help you reduce junk-food cravings, get lean, improve digestion, and increase energy to get you through your P90X2 workouts.* You'll need it!

To learn more, visit Shakeology.com. To order, ask your Team Beachbody Coach or go to ShakeologyP90X2.com.

P90X RESULTS AND RECOVERY FORMULA®



There's a 60-minute window after training hard in which you need to fuel your body appropriately to maximize your results—in terms of both weight loss and performance. You'll get better results and recover faster using Results and Recovery Formula, and it tastes so great you won't believe how good it is for you. When recovering from intense workouts, this formula will provide you with the vital nutrients you need to bounce back from your workout.* And the delicious, smooth orange flavor makes it a nice post-workout reward.

A dextrose-based formula provides optimum glycogen replenishment while a high Protein Efficiency Ratio (PER) blend offers the critical building blocks for rapid muscle resynthesis. Vitamins and antioxidants help reduce muscle soreness and assist in repair and growth.*

Studies show that with proper nutrition during the first hour following exercise, you can increase your body's ability to recover by more than 100 percent. Our Results and Recovery Formula combines the proper nutrients into this state-of-the-art, great-tasting, body-shaping cocktail that's guaranteed to take your results to the next level.*

P90X PEAK HEALTH FORMULA



Optimize your results with P90X Peak Health Formula, the highest-quality, most complete multivitamin we've ever offered. Taken daily, each individual packet will ensure that your body gets the vital nutrients it needs so you can perform your best and get the most out of your fitness program.*

This formula's potent combination of ingredients sourced from vitamins, minerals, and antioxidants will boost your strength and energy to levels you never thought possible. Plus you'll experience added anti-aging, anti-stress, cardiovascular, energy, immune system, and memory/nerve support.* You get all these ingredients in one balanced packet—at a substantial saving off what you'd pay for the same ingredients if purchased separately.

P90X PEAK PERFORMANCE PROTEIN BARS

To get results and build strength, you need protein. Try indulgent Chocolate Fudge, delicious Café Mocha, scrumptious Chocolate Peanut Butter, or creamy Wildberry Yogurt Flavor. All P90X bars pack a whopping 20 grams of protein, and you can try them all with the Variety Pack.

Get the protein you need—without the trans fat of other so-called health bars. Our tasty protein bars are a great alternative to fast food and snacks that are high in saturated fats and sugars.



BEACHBODY STRENGTH & MUSCLE MEN'S FORMULA

Just one scoop a day will help give your muscles the fuel to stay energized, so you can get the most out of your athletic efforts. Whether it's lifting, running, swimming, cycling, or competing in your favorite sport, Strength & Muscle Men's Formula will help you perform at a higher level of intensity over a longer period of time.*

The better your body is able to absorb creatine, the more effective it becomes during physical activity. This formula combines the perfect blend of natural ingredients to maximize your body's ability to absorb creatine directly into the bloodstream.



BEACHBODY WHEY PROTEIN POWDER

In addition to using Shakeology as a meal replacement or snack, you may also want to use it to add additional protein to your program. Adding Whey Protein Powder to your diet is a perfect way to give your body the protein it needs without the fat and calories it doesn't. Loaded with 18 grams of high-quality protein per serving and very low in fat, when used in combination with strength training, Whey Protein Powder can help increase lean body mass, strength, and muscle size.*

Beachbody Whey Protein Powder was specially formulated so it can be mixed with water, added to fruit smoothies, sprinkled over cereal or dessert, or mixed with milk for a great-tasting, healthy shake. It comes in two delicious low-calorie flavors: Chocolate and Vanilla.



BEACHBODY JOINT SUPPORT SUPER FORMULA

Don't let sore joints, tendons, or torn ligaments derail your fitness program. Our powerful blend of glucosamine, collagen type II, and MSM provides your body with the very best ingredients to maximize joint and cartilage health. Sourced from natural ingredients, it's one of the safest and most effective ways to naturally provide relief from the symptoms of joint and connective tissue wear and tear.*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

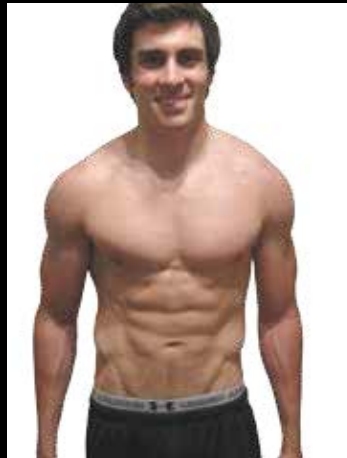
"BEFORE" AND "AFTER" PHOTOS

GIVE IT YOUR BEST SHOT

On the outside, P90X2 will help you build lean, hard muscle and strengthen and sculpt your body. To track your results and progress, begin with a "before" photo. Before you begin the P90X2 program, take your first series of photos by following these easy guidelines.



BEFORE



AFTER*

1 CLOTHES

Wear a swimsuit or something comparable, so you can track your progress. Avoid wearing colors that blend into your background and avoid all hats.

2 BACKDROP

Photos must be taken in front of a solid-color background (not in front of a window).

3 ANGLES

Take a few front shots (arms at sides, hands on hips, "biceps flex" muscle pose), a few side shots (arms at sides, hands on hips), and a few back shots (arms at sides, hands on hips, "biceps flex" muscle pose).

4 SPECS

1. Minimum size of 2400 x 3000 pixels, or high quality
2. File format: JPEG
3. 300 dpi resolution

5 SEND

Submit your photos to SuccessStories@Beachbody.com. Then go to TeamBeachbody.com and create a free profile.

*Results vary.

MEASURE YOUR SUCCESS

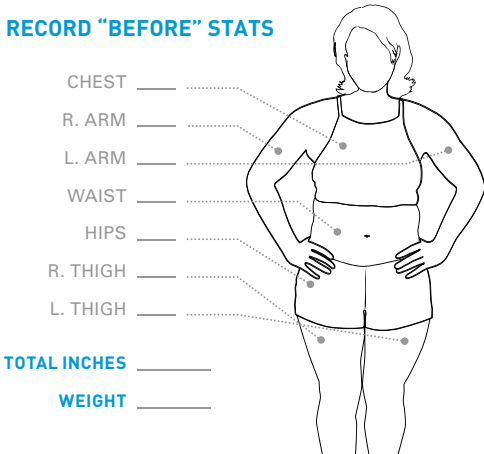
Another way to track your progress is by taking your measurements. Simply follow the directions on this Measurement Tracker. Make note of your progress every week to see how you're doing.

BEFORE P90X2 (DATE) _____

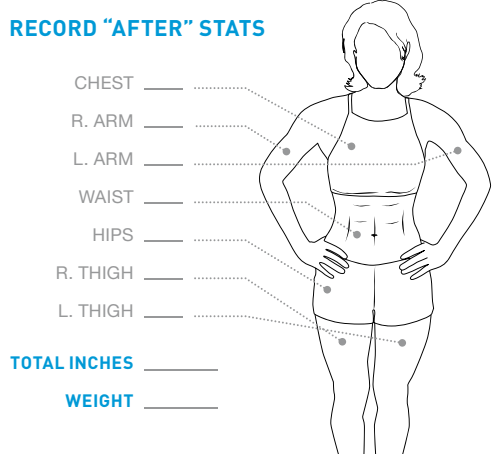
MY "BEFORE" WEIGHT

MY "AFTER" WEIGHT

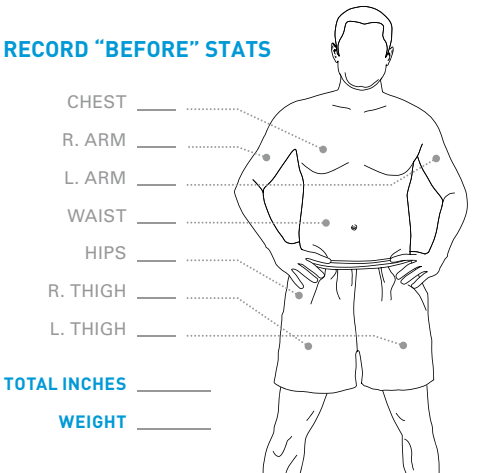
RECORD "BEFORE" STATS



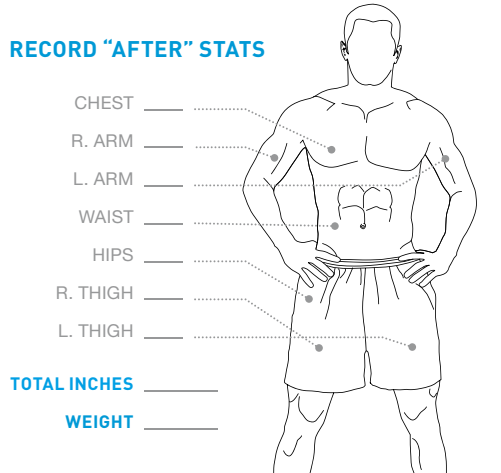
RECORD "AFTER" STATS



RECORD "BEFORE" STATS



RECORD "AFTER" STATS



TAKE THE FIT TEST

Before beginning an extreme fitness program like P90X2, it's important to be sure that your level of fitness is adequate. P90X2 is a graduate program and has an entry level of fitness required. Try to provide an honest assessment of your abilities, because doing the wrong program will slow down your progress. If you can't meet the minimum requirements outlined in this Fit Test, an intro program—like Power 90® or 10-Minute Trainer®—will provide you better results and help prepare your body for P90X, then P90X2.

You may notice that this is the exact same Fit Test you took for P90X. Even though P90X2 is a different program, you'll want to use the same movement patterns and measurements to track your progress. This will help eliminate any confusion about your improvements as you switch back and forth between P90X2 and the original.

IMPORTANT NOTE

Do this test a few days before your official "day 1." The Fit Test takes approximately 40 minutes to complete. Be sure to perform all the exercises consecutively in the order they appear. Keep up with the timing, and make a note if you do anything differently; you'll repeat this Fit Test when you complete P90X2, so it's vital that you're able to do it the same way, in the same order. That way you'll get a true indication of the improvements you've made. Pay attention, and be honest with yourself.

WHAT YOU'LL NEED TO TAKE THE FIT TEST

- Heart rate monitor or stopwatch
- Body fat tester or caliper
- Tape measure
- Scale (calibrated to 0.0 lbs.)
- Partner to help record data (optional)
- Chin-up bar (securely installed)
- Towel
- Water
- Your "Bring It! . . . Again" game face



THE FIT TEST



RESTING HEART RATE

You'll want to monitor your morning resting heart rate throughout this program. This is a good indicator of your overall cardiovascular fitness. If possible, take your resting heart rate as soon as you wake up (BEFORE GETTING OUT OF BED). Over the course of the program, your resting heart rate should drop. If it goes up a few days in a row, you may be overtraining or getting sick.

HOW TO TAKE YOUR RESTING HEART RATE

Put on your heart rate monitor. Be sure it's secure and working correctly before beginning. Try to be as relaxed as possible when taking this reading. Remain calm and quiet for 2 minutes, then record your resting heart rate below.

If you don't have a heart rate monitor, take your pulse from either your neck or wrist, and count the beats for 30 seconds. Multiply by two to get your resting heart rate.

Heart rate before DAY 1: _____

Heart rate after DAY 90: _____

That was the easy part; most likely you passed that.

WARM UP

Now take about 10 minutes to warm up. Start by marching in place, then do any low-impact movements you like (jumping jacks, light jog in place, etc.) until you build up a light sweat, then stretch out lightly. You never want to work "to failure" when you're cold and tight. You could also complete any warm-up from any X2 workout.

P90X2
minimum

1. PULL-UPS

Using a wide grip, grasp your chin-up bar (palms facing forward, away from body, two fists wider than shoulders). From a hanging position, pull your body up smoothly until your chin clears the bar. Lower your body back down, being sure to straighten your arms, and repeat without bouncing up. Don't be discouraged if you aren't able to do very many. Do as many as you can, to "failure."*

Record the number of pull-ups you can do here. (If you're only able to do 1/4, 1/2, or 3/4 of a pull-up, go ahead and record it anyway.)

Prior to DAY 1: _____

After DAY 90: _____

Should be able to do at least 3 pull-ups if male, 1 pull-up if female. However, many people won't be able to do any pull-ups when starting P90X2. You'll get more out of the program if you can do pull-ups, but you can substitute by using the resistance bands** with the door attachment for pull-downs, which are demonstrated as an alternative in the workouts.

REST 1 MINUTE BEFORE GOING ON TO THE NEXT EXERCISE.

2. VERTICAL LEAP

Stand sideways with shoulder against wall and raise arm straight overhead against the wall. Record that height here.

Prior to DAY 1: _____

After DAY 90: _____

Then lower arm, take JUST ONE STEP back and proceed to jump straight up, trying to touch highest point on wall (no gathering up a head of steam prior to your jump—think "jump ball"). Record that height here.

Prior to DAY 1: _____

After DAY 90: _____

Subtract the first measurement from the second; that is your vertical leap. Record your vertical leap inches here.

Prior to DAY 1: _____

After DAY 90: _____

Should have a vertical leap of at least 5 inches if male, 3 inches if female.

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

*TO FAILURE? Physically, "to failure" is when your body stops you by not being able to go any further without causing injury. Do not force past failure.

**Resistance bands contain natural rubber latex, which may cause allergic reactions.

P90X2
minimum

3. PUSH-UPS

Put down something soft (pillow or folded towel), about 2 or 3 inches high, to make contact with chest on each rep. Be sure to keep body straight, with hands at "normal" push-up width.

Record number of push-ups performed to failure here.

Prior to DAY 1: _____

After DAY 90: _____

Should be able to do at least 15 if male, 3 if female
(or 15 push-ups off your knees).

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

4. TOE TOUCH / FLEXIBILITY TEST

You'll need a ruler or tape measure for this test. Sit on floor with legs extended directly in front of you. Bend forward at waist and extend arms over legs toward toes. Don't bend knees. See how close you can get fingertips to toes. If not able to reach, measure distance from fingertips to toes. If able to extend fingers beyond toes, measure how much further fingers reach beyond toes. Do not strain or force.

Record distance from fingertips to toes here.

Use a "-" if not able to reach toes (e.g., -3 inches)
or a "+" if reaching beyond toes (e.g., +3 inches).

Prior to DAY 1: _____

After DAY 90: _____

Reach should be no less than 6 inches from your toes, or a "-6."

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

5. WALL SQUAT

Place back flat against wall and lower your body into a seated chair position (quads parallel to the floor, feet directly below knees). Think 90-degree angle here. Start timer as soon as you get into the chair position. Breathe through the discomfort and hang in there until you can't hold yourself up any longer (i.e., to failure). Be sure NOT to place hands on wall or "scoot" with shoulders. You can slide down slowly as you get tired, but once your butt touches the floor, time's up.

Record the exact time you're able to hold the wall squat here.

Prior to DAY 1: _____

After DAY 90: _____

Should be able to hold wall squat for at least 1 minute.

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

P90X2
minimum

P90X2
minimum

P90X2
minimum

6. BICEP CURLS

Choice of weight is important for this exercise. A somewhat heavier weight will be more effective in helping you determine your results on day 90—think of the weight at which you will max out at 10 to 15 reps. Men should use a minimum of 20 pounds; women should consider a minimum of 8 pounds.

Extend arms straight down in front of body, palms forward. Be sure arms are fully extended between each curl. Using both arms at the same time, perform as many curls as you can until failure. Don't rock or cheat, and don't take breaks longer than 1 second between reps.

Record number of curls completed and weight used here.

Prior to DAY 1: _____

After DAY 90: _____

Should be able to do at least 10 curls with 20 pounds if male; at least 10 curls with 8 pounds if female.

REST 3 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

7. IN AND OUTS

Starting position: Seated with hands on floor at your sides, knees bent, feet on floor. Raise feet off the ground and bring knees in toward your chest. Straighten legs back out and repeat movement without feet touching floor.

Record number of in and outs performed here.

Prior to DAY 1: _____

After DAY 90: _____

Should be able to do at least 25.

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

P90X2
minimum

P90X2
minimum

8. HEART RATE MAXIMIZER

Now you'll perform jumping jacks nonstop for 2 minutes at a quick and steady pace. During the final 30 seconds, you'll go as fast as you can to maximize your heart rate. When you finish, be prepared to measure your heart rate over a span of 4 minutes. You should be able to finish the test standing and still able to breathe.

Step 1: Two minutes of jumping jacks at a quick and steady pace—
last 30 seconds are at sprint.

Step 2: Record heart rate immediately after jumping jacks here.

Prior to DAY 1: _____

After DAY 90: _____

Step 3: Heart rate 1 minute after stopping here.

Prior to DAY 1: _____

After DAY 90: _____

Step 4: Heart rate 2 minutes after stopping here.

Prior to DAY 1: _____

After DAY 90: _____

Step 5: Heart rate 3 minutes after stopping here.

Prior to DAY 1: _____

After DAY 90: _____

Step 6: Heart rate 4 minutes after stopping here.

Prior to DAY 1: _____

After DAY 90: _____

Should be able to finish the 2 minutes of jumping jacks at a quick and steady pace.



THE WO

P90X2: TIME TO BRING IT AGAIN!

RKOUTS

X2 CORE

Human functionality occurs in the shape of an X across the body from one arm down through the core to the foot, and the same on the other side. A big criss-cross, all driven by the power and synergy generated from the core. In P90X2, it's almost as if the X now stands for that aspect of human kinesiology. That's what **X2 Core** is all about. The core is our body's foundation: the point where all movement begins. By working our cores using instability, we force our bodies to fire both their prime mover and stabilizer muscles in harmony. As you master this routine, all your movement patterns will improve.





PLYOCIDE

Death by plyometrics? Not exactly, but that's how you might feel the first time you attempt it. **Plyocide** combines traditional explosive movements with mind and coordination drills to increase not only your speed and endurance, but your entire mind/body connection. Don't do this one more than once per week.







X2 RECOVERY + MOBILITY

You learned with P90X that your body only grows stronger while at rest after it's been challenged. **X2 Recovery + Mobility** takes this a step further, not only by enhancing recovery, but by forcing your body to realign to promote better overall functionality. The key is a myofascial release technique called foam rolling. Expect to get a whole new understanding of the phrase "hurts so good." This workout also provides you with a complete stretching routine for those days when you'd prefer to work without the foam roller.



X2 TOTAL BODY

This ain't your granddaddy's weight-training workout. **X2 Total Body** combines resistance and instability to ensure that your body uses the correct muscles in the given movement. Old-school isolation movements that can lead to muscular imbalance not welcome here. In this workout, you'll earn every repetition, and form is king.







X2 YOGA

Yoga's traditional benefits of relaxing the body and restoring the mind are present, but they'll take a back seat to increasing isometric power, improving your range of motion, and building vital stabilizer muscle strength. This is yoga X2 style. Yoga is a fountain of youth, and to us, staying young means staying strong and supple.





X2 BALANCE + POWER

X2 Balance + Power picks up where *X2 Core* ends, and you'll learn to transmit your core engagement to other parts of the body. The moves in this workout force core rigidity under duress by incorporating strength and explosive movements. As you improve your body's connection between balance and power, your body alignment will improve, nagging aches and pains will lessen, and you'll be able to push far beyond the limits you once thought you had.





CHEST + BACK + BALANCE

The same mega pump that was **P90X Chest and Back** now gets an added benefit, an array of unstable platforms designed to make your body earn its muscle. As you improve at this workout, your strength gains will be superior to those made with any traditional weight-training workout.





X2 SHOULDERS + ARMS

Shoulder instability can lead to an assortment of injuries as we age. By keeping our shoulders and arms strong and in balance, we can avoid breakdowns. And that—along with looking good in short-sleeved shirts—is the philosophy behind the creation of ***X2 Shoulders + Arms***.



BASE + BACK

Working the body's two largest groups of muscles in one workout may seem sadistic, but most people seem to find this pull-up and plyo extravaganza very entertaining. It's the sweatiest "weight training" workout you'll ever endure, uh . . . experience.





P.A.P. LOWER

P.A.P. stands for **Post-Activation Potentiation**, but all you really need to know is that it's the cutting-edge technique that translates into performance. Two four-round complexes of seemingly straightforward movements don't look like much on paper, but these workouts have destroyed the fittest athletes on the planet. The same ones who swear by them just as soon as they finish swearing *at* them. Just wait 'til you see what they can do for *you*.







P.A.P. UPPER

The same complex training format as **P.A.P. Lower**, but this time it's focused on your upper body. Remember when you were a kid, bouncing around, jumping fences, and climbing trees? **Post-Activation Potentiation** training will help bring back your youth. Over time you'll feel loose, springy, and younger.







X2 AB RIPPER

"I hate it. But I love it." Squared. **X2 Ab Ripper** hits the floor again, but that's where its relationship to Ab Ripper X ends. Tony takes you through a series of core movements that'll upgrade your concept of what an ab workout is supposed to be.



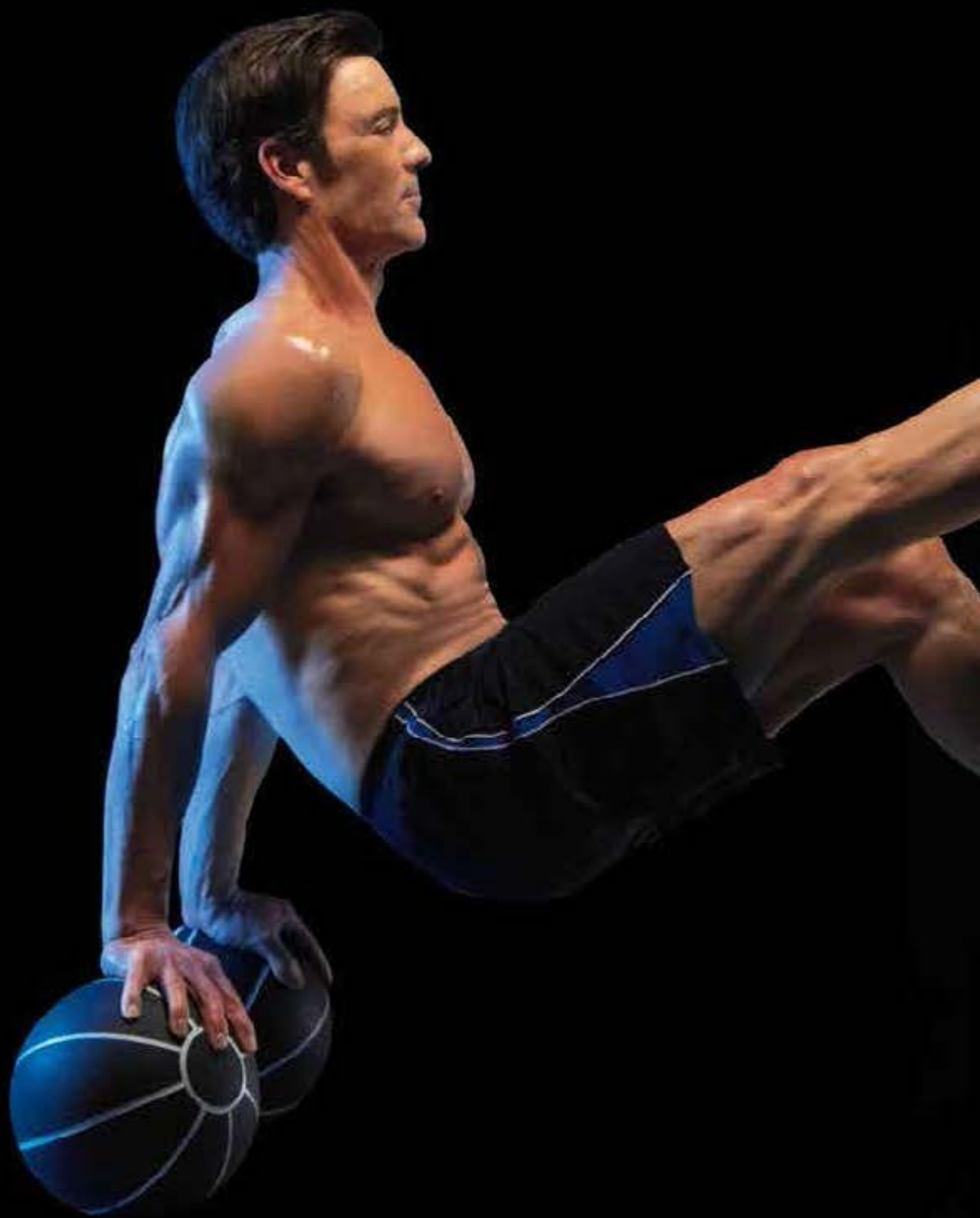
**V Sculpt* and *X2 Chest + Shoulders + Tris* are additional P90X2 workouts.

To order these two additional P90X2 workouts, contact your Team Beachbody Coach or visit P90X2BonusWorkouts.com.

V SCULPT

Want to look good on camera? This is your workout. **V Sculpt** works the back and biceps, or the “actor muscles” as they’re called in Hollywood. Of course it’s still X2, which means the movements will all be done from an athletic stance, so strength gains will all be applicable to real-world movements (including out-posing your friends on the beach).





X2 CHEST + SHOULDERS + TRIS*

Known as your pushing muscles, the chest, shoulders, and triceps will learn to function better than ever before with this workout. We accomplish this with creative uses of instability, and always forcing movement out of an athletic position.



**V Sculpt* and *X2 Chest + Shoulders + Tris* are additional P90X2 workouts.

To order these two additional P90X2 workouts, contact your Team Beachbody Coach or visit P90X2BonusWorkouts.com.

THE SCHEDULE

PHASE

1



PHASE

2



PHASE

3



RECOVERY WEEK

You've heard it in P90X and/or any other Beachbody program you've ever done; your body only gets stronger if you give it rest after you challenge it sufficiently. P90X2 is a very high-level training program and you won't see your progress increase indefinitely without a break. At some point you're going to need to recover. The following is just one of many possible scenarios for using the P90X2 workouts; you can recover in any number of ways. For more explanation about when to schedule a recovery week, refer to page 18.



FOUNDATION *(3 to 6 weeks)*

- Day 1: X2 Core
- Day 2: Plyocide
- Day 3: Rest or X2 Recovery + Mobility
- Day 4: X2 Total Body & X2 Ab Ripper
- Day 5: X2 Yoga
- Day 6: X2 Balance + Power
- Day 7: Rest or X2 Recovery + Mobility



STRENGTH *(3 to 6 weeks)*

- Day 1: Chest + Back + Balance & X2 Ab Ripper
- Day 2: Plyocide
- Day 3: Rest or X2 Recovery + Mobility
- Day 4: X2 Shoulders + Arms & X2 Ab Ripper
- Day 5: X2 Yoga
- Day 6: Base + Back & X2 Ab Ripper
- Day 7: Rest or X2 Recovery + Mobility

ADDITIONAL OPTIONS

V-Sculpt & X2 Ab Ripper Switch into Day 1

X2 Chest + Shoulders + Tris & X2 Ab Ripper Switch into Day 4



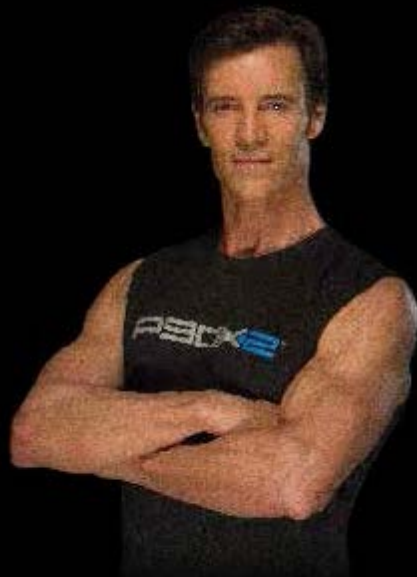
PERFORMANCE *(3 to 4 weeks)*

- Day 1: P.A.P. Lower
- Day 2: P.A.P. Upper
- Day 3: X2 Yoga
- Day 4: Rest or X2 Recovery + Mobility
- Day 5: P.A.P. Lower
- Day 6: P.A.P. Upper
- Day 7: Rest or X2 Recovery + Mobility



RECOVERY WEEK *(to be done whenever you need it)*

- Day 1: X2 Recovery + Mobility
- Day 2: X2 Yoga
- Day 3: X2 Recovery + Mobility
- Day 4: X2 Yoga
- Day 5: X2 Recovery + Mobility
- Day 6: X2 Yoga
- Day 7: Rest or X2 Recovery + Mobility



▶ POWER THROUGH P90X2 ◀

GET A FREE, EXCLUSIVE ATHLETIC SHIRT, AND YOU COULD BE ON TV!

If you doubt your muscles could feel any more confused than the first time you did P90X—you ain't seen nothin' yet! Get ready to build on your results to reach the next level of extreme fitness. Then show us what you've got and how you got there. Track your progress and share your P90X2 journey with us. Not only will you inspire others with your story, but you'll also receive a **FREE, Exclusive P90X2 Athletic Shirt**. Plus you could be featured in a P90X2 infomercial. Follow the steps below and check out our Web site for further details. Good luck!

HERE'S HOW IT WORKS

- Take a few "before" photos of yourself right now (front, side, and back).
- Document your P90X2 journey—shoot a short video every day.
- Take "after" photos (in the same poses and clothing as the "before" photos) once you complete a 90-day round of P90X2.

AS YOU DOCUMENT YOUR JOURNEY, ASK YOURSELF:

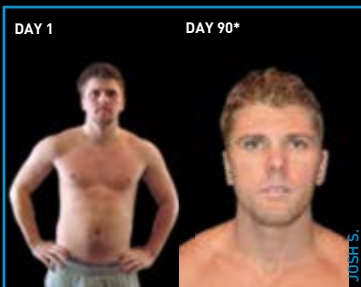
- What are my goals and challenges?
- Was the workout hard at first? How hard?
- Do I feel stronger every day physically and/or mentally?
- Are there any visible physical changes?
- How has P90X2 improved my body and my life?
- Did I follow the Nutrition Plan?
- Did I use any of the recommended equipment? If so, what?
- What motivated me to keep going and keep Pushing Play?
- What is new and different about P90X2 compared to P90X?

AFTER 90 DAYS, DOWNLOAD YOUR SUBMISSION FORM AT P90X2ATHLETICSHIRT.COM.



SUBMIT YOUR SUCCESS STORY

You can get a FREE, exclusive P90X2 athletic shirt. But you've gotta work for it—we don't sell these. And if you get really ripped, you could even be featured in a P90X2 infomercial. Send in your "before" and "after" photos, along with your athletic shirt application (which you can download at P90X2athleticshirt.com) to SuccessStories@Beachbody.com.



*Results vary.



WHEN YOU



FINAL FIT TEST

To most accurately determine the progress made in your strength, power, coordination, flexibility, and cardio endurance, be sure to perform this test under the same conditions and timeline as the Fit Test you took prior to day 1. Record your "After Day 90" results in the blanks provided in this section.



MAINTENANCE

It takes a lot less time to keep your results than it took to get them in the first place. You'll be surprised at how well you'll maintain your current fitness with three good workouts per week. At this stage, it's not important to specify the actual workouts you need to do, because you'll instinctively be able to feel it for yourself. Your favorite three? The three you need the most work on? The point is just to keep stimulating your body regularly and eating well, and you'll keep those hard-earned improvements. Don't count on it lasting forever, though. Eventually you'll need to plan on once again doing a complete program if you want to stay in top shape.



THE NEXT LEVEL

P90X2, like P90X, is an incredibly versatile program. You can mix and match these workouts to fit just about any sports, recreation, or fitness routine you'd like to do next. For more suggestions, check out the articles on customizing P90X2 and creating hybrid workout programs in the P90X newsletter. You can also ask specific questions on hybrids, maintenance, or anything else on the Team Beachbody Message Boards at www.TeamBeachbody.com.



U'RE DONE



CREATING A HYBRID PROGRAM: A P90X2/ASYLUM OPTION

Here's an example of how to build a hybrid training program using P90X2 and INSANITY: THE ASYLUM®.

You don't even want to do a hybrid program until you've already done a given program as designed at least once. But no matter how effective a program is, there'll come a time when you'll benefit from switching things up.

Always begin tailoring a hybrid program using training phases that are between 3 and 6 weeks long. Each phase should have a specific objective that builds to a conclusion at the end of the program. It may seem obvious, but the goals of the program should reflect the benefits offered by the workouts you're already using. Since ASYLUM and P90X2 both target sports performance, sensible goals would be improved speed, quickness, and explosive power, but not gaining a lot of muscle mass.

Here's a general conditioning hybrid that features most of the key elements of both programs, with the final objective being improved performance, strength, speed, quickness, coordination, and mobility.

PHASE 1

Target: Improve movement awareness (increased stabilizer muscle strength, mobility, and neuromuscular patterns).

Duration: 3–6 weeks

- Day 1 – *X2 Balance + Power*
- Day 2 – *Speed & Agility/Relief*
- Day 3 – *Strength*
- Day 4 – *X2 Recovery + Mobility*
- Day 5 – *Plyocide*
- Day 6 – *X2 Yoga*
- Day 7 – *X2 Recovery + Mobility*

Transition week

Target: Intense active recovery

Duration: 1 week

- Day 1 – *X2 Core*
- Day 2 – *X2 Recovery + Mobility*
- Day 3 – *Back to Core*
- Day 4 – *X2 Yoga*
- Day 5 – *Speed & Agility/Relief*
- Day 6 – *X2 Recovery + Mobility*
- Day 7 – Rest



PHASE 2

Target: Improve strength and explosiveness.

Duration: 3–6 weeks

- Day 1 – ***X2 Total Body/X2 Ab Ripper***
- Day 2 – ***Vertical Plyo/Relief***
- Day 3 – ***Strength***
- Day 4 – ***X2 Recovery + Mobility***
- Day 5 – ***Base + Back***
- Day 6 – ***Back to Core***
- Day 7 – ***X2 Recovery + Mobility***

Transition week

Target: Intense active recovery

Duration: 1 week

- Day 1 – ***X2 Core***
- Day 2 – ***X2 Recovery + Mobility***
- Day 3 – ***Back to Core***
- Day 4 – ***X2 Yoga***
- Day 5 – ***Speed & Agility/Relief***
- Day 6 – ***X2 Recovery + Mobility***
- Day 7 – Rest



PHASE 3

Target: Improve sports performance: speed, quickness, agility, explosiveness, coordination.

Duration: 3–4 weeks

- Day 1 – ***P.A.P. Lower***
- Day 2 – ***Speed & Agility/Relief***
- Day 3 – ***P.A.P. Upper***
- Day 4 – ***X2 Recovery + Mobility***
- Day 5 – ***Vertical Plyo/Relief***
- Day 6 – ***Game Day/Relief***
- Day 7 – ***X2 Recovery + Mobility***

You've just completed P90X2. Congratulations! You've made incredible gains physically, emotionally, and mentally. You're stronger, more powerful, faster, more stable, more balanced, more elastic—plus you're more focused and determined to conquer the great outdoors. You're ready to move toward any physical challenge—now as a better athlete. If you want to train for a race, you'll be faster. If you want to scale a mountain, you'll be stronger. If you want to ride a bike a few hundred miles, you'll have more stamina. If you want to ski Jackson Hole or Chamonix, you'll be able to keep up with me. And if you wanted a body that looks strong, fit, and powerful, P90X2 has taken care of that too.

But just like your P90X journey, the completion of P90X2 is only the beginning. From here forward, the sky's the limit and your options are plentiful. You might choose to start from the beginning and savor the experience again. You might choose to extend the phases differently—focus on your speed and/or agility more the second time around. You might be ready to do another round of the original P90X and truly see how much you've grown with P90X2. Or you might be ready for a hybrid, like the P90X2/ASYLUM hybrid that's laid out for you in this book.

Whatever direction you take, you'll move forward with the knowledge that you've evolved into a different kind of competitor. One who's well rounded, determined, and fearless. P90X2 has taught you that.

It's also taught you that you can accomplish anything. Now's the time to do it!

Do your best and forget the rest!

A handwritten signature in white ink, appearing to read 'Tony Horton', with a long horizontal flourish extending to the left.

TONY HORTON

WHAT'S



S NEXT?

WE'RE HERE TO MOTIVATE YOU.

TEAMBEACHBODY.COM



You've set your goals and we've made ours: to keep you motivated. Our Coaches are always available for questions, support, motivation, or product information. You can get peer support and stay updated with the latest fitness tips in our online community 24/7. You can also track your progress on TeamBeachbody.com by using the WOWY SuperGym®, update your results on your Goal Tracker, and keep real-time stats on yourself.



Buying the P90X2 program is a step in the right direction. However, to get the best results possible, you also need support, accountability, and a commitment to exercise and a healthy diet. That's where your Team Beachbody Club Membership comes in. It's another great tool to help keep you on track with your food and fitness goals.

HERE ARE SOME OF THE KEY BENEFITS OF CLUB MEMBERSHIP:

- 10% discount on fitness programs, gear, and supplements, including P90X Results and Recovery Formula, P90X Peak Performance Protein Bars, and Shakeology.
- Live VIP chats with our celebrity trainers, including Tony Horton. Get your P90X2 questions answered live by Tony.
- Personalized meal plans customized to your fitness goals and caloric needs.
- Diet and fitness advice from Tony Horton, Shaun T, Chalene Johnson, and our other celebrity trainers.
- Access to message boards where you can receive a personalized evaluation of your daily food choices from our nutrition experts.
- Full access to Beachbody videos, including exclusive Trainer Tips, Healthy Eating Tips, Style Tips, and Lifestyle Tips.
- Your own personal blog to journal your progress and share your ideas and opinions.



WOWY SuperGym®

Imagine a virtual gym filled with people going through P90X2 and other Beachbody® programs. With WOWY, it's never been easier to stay connected, because it's always nearby, and it's always open.



VISIT THE WOWY ONLINE SUPERGYM TO:

- Schedule your daily workouts in your online calendar and log your workouts so you can chart your progress throughout the P90X2 program.
- Meet Workout Buddies who are doing P90X2 and who share your fitness goals.
- Track your achievements in gaining muscle and losing fat with the Goal Tracker.
- Join a P90X2 Online Workout Group to stay motivated and connected.
- Enter to win sweepstakes giveaways every day!
- Contact Tony and get the scoop on what's happening in X2-land.



PHYSICALLY FIT, FIN

EVERY TEAM BEACHBODY COACH IS THE CEO OF A REAL DIFFERENCE IN THE WORLD, AND REAP THE M



FINANCIAL WELL-BEING*

- Be your own boss
- No commute, no inventory, and low start-up costs
- Lucrative compensation plan—HUGE earning potential
- Set your own hours and work from home

“ The best thing I am going to do for my health this year is RETIRE. Yeah, fire my boss. Team Beachbody has afforded me the opportunity to be at peak health and stable financially.* ”
—Anthony B.

PHYSICAL FITNESS

- 25% off all Beachbody products
- Incentives to become a “product of the product”
- Access to exclusive workouts with celebrity trainers
- Opportunity to help others reach their health and fitness goals



A PROVEN FORMULA

- Easy-to-follow business system that works
- All Beachbody products are backed by more than \$100 million in advertising
- Expert training and support
- Competitive advantage over similar industry opportunities

FINANCIALLY IN SHAPE.

PROVEN BUSINESS. JOIN THE TEAM, HELP MAKE A
ANY BENEFITS YOUR NEW BUSINESS HAS TO OFFER.*



SUCCESS FROM DAY 1*

- Comprehensive Business Starter Kit for only \$39.95
- Personalized Web sites, banners, and tools to help you close sales
- A supportive and dedicated Team who will help you hit the ground running
- All the tools and resources you need to succeed, at your fingertips*

“ My 35th birthday is in July, and I no longer wish I had energy or a fit body. I am a product of the product in the making. —Tina B. ”



WE WANT YOU ON OUR TEAM

To join the Coach revolution, visit TeamBeachbody.com and select the “Be a Coach” option. It’s an easy and affordable business investment you’ll never look back from. We look forward to having you on the Team!

*Beachbody does not guarantee any level of success or income from the Team Beachbody Coach Opportunity. Each Coach’s income depends on his or her own efforts, diligence, and skill.

OTHER BEACHBODY® PRODUCTS

AVAILABLE THROUGH YOUR COACH OR AT BEACHBODY.COM.

P90X®

Revolutionary system of 12 sweat-inducing, muscle-pumping workouts designed to transform your body from regular to ripped in just 90 days. Includes a 3-phase nutrition plan, a fitness guide, and a calendar to track your progress. Build muscle. Push your limits. And get in the best shape of your life.

Retail Price	\$119.85
Club Price	\$107.87
Coach Price	\$89.89



P90X PLUS™

Take your P90X success to the next level with new moves and extreme intensity, all set to music created exclusively for the series by Jason Scheff, lead singer of the band Chicago.

Retail Price	\$59.90
Club Price	\$53.91
Coach Price	\$44.93

10-MINUTE TRAINER®

BREAKTHROUGH SUPER STACKING TECHNIQUE™

Combines the most effective moves—designed for breakthrough results in 10 minutes—with an easy-to-follow eating plan. Resistance band* (medium or heavy resistance) and cardio belt included.



Retail Price	\$79.90
Club Price	\$71.91
Coach Price	\$59.93



P90X ONE ON ONE®

Use these gritty personal workouts with Tony to push yourself beyond P90X. Cherry-pick a DVD from three 12-volume DVD sets, all designed to keep you at your most ripped.

Retail Price	\$19.95
Club Price	\$17.96
Coach Price	\$14.96



POWER 90® IN-HOME BOOT CAMP

Transform your body in just 90 days. Use the Fat Burning Express package with Tony's Power Sculpting Band* to lose up to 10 pounds in 6 days.

Retail Price	\$59.85
Club Price	\$53.87
Coach Price	\$44.89



POWER 90® MASTER SERIES

Advanced, targeted workouts and innovative moves to build on your Power 90 success. Free program guide to help structure your program.

Retail Price	\$59.85
Club Price	\$53.87
Coach Price	\$44.89



POWER HALF HOUR®

Tony Horton's fastest total-body program. A complete workout with cardio and targeted body sculpting for maximum results in 30 minutes a day.

Retail Price	\$39.90
Club Price	\$35.91
Coach Price	\$29.93



INSANITY®

Shaun T pushes you past your limits with plyometric drills on top of strength, power, and resistance intervals, plus ab and core training moves. All you need is an insane mindset to Dig Deeper® and get crazy-fit in 60 days. It's the most intense workout ever put on DVD.

Retail Price	\$119.85
Club Price	\$107.87
Coach Price	\$89.89



INSANITY: THE ASYLUM®

Former track and field star Shaun T will push you to Dig Deeper than ever with the first in-home sports-specific training program based on drills used by pro athletes.

Retail Price	\$89.95
Club Price	\$80.87
Coach Price	\$67.39

*Resistance bands contain natural rubber latex which may cause severe allergic reactions.

Are you ready to get in phenomenal shape? Become stronger, jump higher, and run faster? Then let's go! Because now you have all the information you need to **Bring It Again with P90X2.**

P90X2®



P90X2 is an extreme, high-intensity, physically demanding workout. It is not for beginners or individuals who are prone to injury or who have any medical conditions that may be compromised by extreme, physically demanding cardio and strength exercise. Consult your physician and read all materials, including the Fitness Guide, before beginning this program.

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