

®

# BEBOX

EXTREME FITNESS ACCELERATED



*FITNESS GUIDE*

# WARNING!

Welcome to P90X3®! We can't wait for you to get started on your fitness journey. As you will soon find out, P90X3 is an extreme, high-intensity, and physically demanding exercise program. To ensure your safety, please use common sense along with a high level of responsibility and self-awareness so you can avoid injury. Since only you can know if you are in sufficient physical condition to perform the P90X3 workouts, please only proceed with this program if you accept this responsibility and feel that you can undertake this extreme, physically demanding fitness program.

Please consult your physician, assess your fitness level, and read the entirety of this Fitness Guide before beginning this exercise program—especially if you have a history of knee, ankle, shoulder, or spinal (back or neck) problems or injuries. Also consult your physician before starting this nutrition plan or using any supplement or meal replacement product—particularly if you are pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or restrictions.

If you feel you are exercising beyond your current fitness abilities, or you feel any discomfort, pain, dizziness, or nausea, please discontinue exercise immediately and reconsider your use of P90X3 or the particular P90X3 routine.

P90X3 utilizes resistance bands, chin-up bars, and other equipment which, if not used correctly, could lead to serious injury. For your safety, please use any equipment shown in the workouts only as demonstrated, and with a proper, stable anchor for any equipment that requires hanging or attaching. You should inspect any equipment prior to each use and refrain from using any equipment that appears damaged, worn, or defective. Always exercise extreme caution during use to make sure you do not lose your grip or control, such as making sure your hands are not wet or sweaty.

P90X3 also utilizes floor markers that act as targets during some of the workouts. Remember—the safest and preferred type of marker is strong, non-skid tape. If you do not have tape or otherwise use another type of marker, please be careful not to step on your marker during use and to use an even, non-slippery surface with proper footwear to avoid slipping on your marker, losing your footing, or other serious injury.

Beachbody's mission is to help our customers lead happy, healthy, and fulfilling lives with safety in mind. For this reason, we have developed and offer many fitness alternatives if you are prone to or have a history of injuries, or are simply not ready for an extreme, physically demanding workout—but P90X3 is not one of them. Please visit [Beachbody.com](http://Beachbody.com) for our entire catalog of exercise programs to find the perfect fit for your fitness needs and abilities.

Accordingly, you assume all risks of injury in the use of this exercise program, nutrition guide, or any equipment. Beachbody, LLC, will not be liable to any person or entity for any damage or loss caused or alleged to be caused directly or indirectly by any workouts, guides, advice, or any other P90X3 content.

# QUICKSTART

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# P90X3 QUICKSTART SCHEDULE

## CLASSIC **BLOCK 1**

### WEEKS 1 – 3

DAY 1 – TOTAL SYNERGISTICS  
DAY 2 – AGILITY X  
DAY 3 – X3 YOGA  
DAY 4 – THE CHALLENGE  
DAY 5 – CVX  
DAY 6 – THE WARRIOR  
DAY 7 – REST OR DYNAMIX

### WEEK 4 – TRANSITION

DAY 1 – ISOMETRIX  
DAY 2 – DYNAMIX  
DAY 3 – ACCELERATOR  
DAY 4 – PILATES X  
DAY 5 – CVX  
DAY 6 – X3 YOGA  
DAY 7 – REST OR DYNAMIX

## **BLOCK 2**

### WEEKS 5 – 7

DAY 1 – ECCENTRIC UPPER  
DAY 2 – TRIOMETRICS  
DAY 3 – X3 YOGA  
DAY 4 – ECCENTRIC LOWER  
DAY 5 – INCINERATOR  
DAY 6 – MMX  
DAY 7 – REST OR DYNAMIX

### WEEK 8 – TRANSITION

DAY 1 – ISOMETRIX  
DAY 2 – DYNAMIX  
DAY 3 – ACCELERATOR  
DAY 4 – PILATES X  
DAY 5 – CVX  
DAY 6 – X3 YOGA  
DAY 7 – REST OR DYNAMIX

## **BLOCK 3**

### WEEKS 9 AND 11

DAY 1 – DECELERATOR  
DAY 2 – AGILITY X  
DAY 3 – THE CHALLENGE  
OR COMPLEX UPPER  
DAY 4 – X3 YOGA  
DAY 5 – TRIOMETRICS  
DAY 6 – TOTAL SYNERGISTICS  
OR COMPLEX LOWER  
DAY 7 – REST OR DYNAMIX

### WEEKS 10 AND 12

DAY 1 – DECELERATOR  
DAY 2 – MMX  
DAY 3 – ECCENTRIC UPPER  
DAY 4 – TRIOMETRICS  
DAY 5 – PILATES X  
DAY 6 – ECCENTRIC LOWER  
DAY 7 – REST OR DYNAMIX

### WEEK 13 – VICTORY WEEK

DAY 1 – ISOMETRIX  
DAY 2 – ACCELERATOR  
DAY 3 – PILATES X  
DAY 4 – X3 YOGA  
DAY 5 – DYNAMIX  
DAY 6 – REST OR DYNAMIX  
DAY 7 – FINAL FIT TEST &  
PHOTO SHOOT



## **EVERYTHING YOU LOVE ABOUT P90X, IN HALF THE TIME.**

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**“IT’S SCIENCE.”** All the current science is proving that shorter workouts with high intensity will get you faster, better results. P90X3 is another layer of proof.

**THE NUMBER ONE COMPLAINT.** Fitness only works if you do it. And the number one thing we hear from people who say they love P90X and P90X2<sup>®</sup> is that they don’t always have time in their schedules to Bring It the way they know it needs to be done. Enter X3—Extreme Fitness Accelerated. When we first asked Tony to investigate the concept, he fought back, saying “that’s not what P90X is about.” Until we started to test the concept, and we all realized that in less time, people will Bring It—harder. And from that, they not only got faster results, but they were more likely to finish all 90 days without going off track due to scheduling conflicts.

**A NEW BREAKTHROUGH IS BORN!** We put as much research and development into the making of X3 as we did to X and X2 combined. We had to if we wanted to make sure that you could get 90 days of results from just half an hour a day. And Tony has done it again. Through two full test group rounds and months of personal testing, Tony has squeezed his trademark style into half an hour—and you are going to love it! I know, because I LOVE IT!

But that only happens if you do the program—as directed—and see for yourself. This is where fitness is going. It just so happens we got there first.

*BRING IT!<sup>®</sup> . . . FASTER!*

**CARL DAIKELER**  
Chairman and CEO  
Beachbody and Team Beachbody<sup>®</sup>



## A NOTE FROM TONY HORTON

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**THAT'S RIGHT, BOYS AND GIRLS, WE'VE GOT A THIRD ONE FOR YA—  
AND THIS TIME, WE'RE REALLY GOING TO BRING IT.**

What's new with P90X3? In P90X, we introduced you to Muscle Confusion™. In return for about an hour of your time each day, we gave you extreme fitness in your home, made easy. Then came P90X2, a program inspired by the way athletes train, which uses what we call Muscle Integration to force you to move on multiple planes, connecting different muscle groups, making you less vulnerable and more durable. It's truly indoor training for the outside world.

And that brings us to P90X3. We understand that many of you still struggle with your fitness because you don't have a lot of time on your hands. You want the results and you're willing to do the work, but you need something to fit into your busy lifestyle. So we've taken all we've learned from P90X and P90X2, coupled it with the latest discoveries in fitness science, and then slammed it into overdrive. The result—what you'll find in P90X3—is called Muscle Acceleration. Short, targeted, and intense workouts that you can burn through in half an hour.

But don't mistake "short" for "easy." P90X3 is every bit as tough as its older siblings. So if this kind of extreme fitness is new to you, pace yourself. No need to rush to greatness right out of the box. Take your time in the beginning. You'll catch up to us quickly.

What you can rush to do right out of the gate is CHANGE YOUR EATING HABITS. You'll notice in the old phrase "Eat right and exercise" that eating right comes first! Following our state-of-the-art-yet-oh-so-simple nutrition plan is the absolute best way to get the most out of the short time you have to exercise. Trust me, you're gonna need good fuel to get through these routines.

We've done our part, now the rest is up to you. So stay committed, work hard, have fun, and most importantly, do your best and forget the rest—all in 30 minutes.

Now, where's that "Play" button?



**Tony Horton**  
Creator  
P90X, P90X2, and P90X3



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CHAPTER 1

# WELCOME TO P90X3

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## WHAT IS P90X3?

P90X3 is the third iteration of **Power 90 Days Extreme** (yes, that's what P90X stands for). The original P90X serves as a deep immersion into extreme fitness; P90X2 focuses on advanced sports science for extreme performance gains; and now P90X3 adds another extreme—extreme efficiency. Every move and every routine in P90X3 is designed to produce the greatest physical changes during what is now scientifically determined to be the sweet spot of physical activity: the first 30 minutes of working out. X3 maximizes your results during this short window of opportunity, with no time wasted, no superfluous moves, and no loss of intensity. How is this possible? It's called Muscle Acceleration, and there's a whole chapter dedicated to it later on in this guide. But for now, let's put the science aside and focus on . . .

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## WHO IS IT FOR?

P90X3 is for people willing to take on a monumental physical challenge without monumentally challenging their daily schedule (c'mon, the workouts are only 30 minutes). Thanks to lessons learned from P90X and P90X2 customers, we've been able to make P90X3 safe and effective for just about everyone.

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## HOW LONG DOES IT TAKE?

The workouts are 30 minutes long, *including* a brief warm-up. The basic schedule calls for doing one of these workouts 6 days a week. That's around 3 hours total per week to achieve amazing results. In other words, the "I don't have time to work out" excuse has been permanently retired.

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## WHAT DO I NEED?

Grab a small set of dumbbells, ranging from about 5 to 50 lbs. for guys and 5 to 25 lbs. for gals. Or use a set of resistance bands if you don't have space for weights or travel frequently. You'll need a way to do pull-ups, either using the P90X Chin-Up Bar, a standard doorframe pull-up bar, a pull-up tower, or a door attachment for your resistance bands. You might also want a yoga mat or jump mat, depending on what kind of floor you have. Good cross training shoes are essential, as well. And most importantly, you need a desire to BRING IT!

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## WHAT IF I HAVEN'T DONE P90X OR P90X2?

No problem. P90X3 offers modifications for every exercise, meaning that almost anyone can start the program and advance as slowly (or quickly) as their body allows. P90X3 is a perfect starting point in the P90X lineup, prepping you for even better results from P90X and P90X2. On the flip side, if you've already done those programs, the Muscle Acceleration system of P90X3 will still require your body to constantly adapt, incorporating even more variety, and you know what that means: Muscle Confusion!

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## WHAT CAN I EXPECT?

Expect 30 minutes a day, 6 days a week of what Tony Horton calls the Big Three: *CONSISTENCY*, *INTENSITY*, and *VARIETY*. Tony *CONSISTENTLY* challenges himself to be better. He does every workout with absolute *INTENSITY*. And by adding *VARIETY* to the mix, he keeps things exciting and keeps fit from every possible angle. You will be confronted with a tremendous amount of variety in this program, but the consistency and intensity are up to you. Expect to be challenged.

Also expect to be sore. The first few days with P90X3 will humble most of you. It's called extreme fitness for a reason. The best way to stay in the game is to play *YOUR* game, and not anyone else's. That means *NOT* trying to match Tony right out of the gate. Go easy that first week. Pick a lighter weight than your ego tells you to grab. Stop doing a move if your form is going south. And most of all, make sure you're properly warmed up before you start (there is a special workout called Cold Start for this purpose—use it). In the coming weeks you'll be able to ratchet up the intensity and keep up with Tony, but until then, know your limits, or as Tony would emphasize, “**Do your best, and forget the rest.**”

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## DO I REALLY NEED TO DIET?

No, you don't need to diet. But remember that no amount of exercise can undo a poor eating plan. The better you eat, the better your results are going to be. And that'll be a snap, given the P90X3 Nutrition Guide provides a comprehensive roadmap for making smart food choices in a simple way. Since P90X launched 10 years ago, it has given us the largest fitness and nutrition test group ever assembled. We know what you struggle with and we've addressed those issues, creating an eating plan that's accessible, effective—and delicious.

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## CHAPTER 2

# THE SCIENCE BEHIND P90X3

**WHY 30 MINUTES?** In 2013, a university study found that the results of intense exercise were comparable between 30- and 60-minute durations. Participants burned a similar amount of body fat and calories and lost the same amount of overall weight. The researchers attributed this to participants finding half an hour of exercise more “doable” in their schedules, and in their mental states. The light at the end of the tunnel appearing 30 minutes closer resulted in the exercisers pushing themselves even harder to reach their potential, and often gave them greater energy for the rest of their day. This resulted in more calories burned, and surprisingly, less calories being consumed overall. ▶



- ▶ Even more significantly, studies have conclusively shown that after about 30 minutes, your body's ability to respond to exercise begins to decrease, meaning that the lion's share of your fitness gains occur in the first half hour, regardless of how many hours you continue to work out. While elite athletes and endurance junkies still benefit from an hour or more of exercise, the law of diminishing returns dictates that for most of you 30 minutes is more than enough to get ripped.

If this 30-minute window of opportunity was the target for P90X3, a plan had to be devised to get the MOST out of those 30 minutes. To make this great leap forward, we relied on the only foundation of success that comes even close: P90X and P90X2. If you haven't done these programs, here's what you've been missing.

### WHERE WE CAME FROM . . . P90X AND P90X2

## P90X AND MUSCLE CONFUSION

The primary principle behind P90X, Muscle Confusion, uses the effect of periodizational training to keep your body stimulated over time so it doesn't acclimate to exercise, or *plateau*, in exercise lingo. Muscle Confusion is achieved by training in a series of blocks that are interrupted by transition (aka recovery) periods to maximize a training law called Progressive Overload. In short, this means your body responds to training stimuli by adapting as it gets used to a workout, followed by mastering, where it makes rapid fitness gains, before plateauing once it becomes conditioned to a given workout. The mastery phase is short, meaning that for best results you should transition away from a workout, or increase its intensity, as soon as results stop improving.

By scheduling training blocks that fit your adaptive response and altering your training schedule, and by combining principles from different physiologic styles of training, you keep your body changing rapidly throughout the course of the entire 90-day program. X3 uses this very same strategy.

## EMERGENCY RESPONSE

*Beachbody's VP of Fitness and Nutrition explains the 30-minute window of opportunity.*

The body has a strong response when you begin to exercise because it thinks you're facing an emergency situation. No matter what you're doing, whether it's easy cardio or high-intensity intervals, you burn glycogen for fuel and produce performance-enhancing hormones in order to stay on top of your game. Once the body realizes you're engaged in something less stressful, it starts to conserve by metabolizing fat stores for energy to ration its limited glycogen.

Metabolizing fat for energy reduces your ability to train hard. While it's important to train in this realm for athletes and others who desire 100% performance from their bodies, time-crunched individuals looking to change their body composition should focus on the first 30 minutes. Through intelligent use of this window of opportunity, you can expect to get most of the benefits of longer workouts in a fraction of the time.

Contrary to some popular thinking, to most efficiently use this glycogen window, high-intensity workouts should utilize many different forms of training and not just cardio intervals. Using targeted training protocols to stress different systems in the body, spaced out so that you nail the recovery time between similar workouts, you can train hard daily without the risk of overtraining. P90X3 is training that is both smart and efficient.

—STEVE EDWARDS,  
*VP of Fitness and Nutrition, Beachbody*

## ***P90X2 AND MUSCLE INTEGRATION***

The principle of Muscle Integration is the cornerstone of P90X2. Essentially, like Muscle Confusion, it takes elements from many different styles of training that are all designed to improve your body as quickly as possible. The glossary of P90X2 includes training techniques like functionality, instability, mobility, plyometrics, isometrics, synergy, proprioception, integration, and post-activation potentiation, all defining a complex physiological soup that's a magic potion for human performance. To simplify, it's all about keeping the body off-balance so it's forced to perform better. That little battle to keep stable while you're focusing on a move is key. It ensures that every muscle is working in harmony, and the result is you get stronger faster. Another advantage of X2 is that by training off-balance you work much more intensely, so you don't need as many workouts to get in amazing shape. X2 is just 5 days a week for 90 days—that's only 65 workouts with 25 days of rest mixed in. This principle of training off-balance is used to great effect in X3.

### ***DOWN AND DIRTY SCIENCE BEHIND P90X3***

## ***P90X3 AND MUSCLE ACCELERATION***

To create Progressive Overload, you must constantly change specific variables to stimulate change in the body. Or more simply stated: If you want to change, change something. These variables include time, intensity, frequency, type of exercise, and recovery periods. Time, in the case of P90X3, is preset at 30 minutes, so this is not a variable that can change. Frequency with the program begins at 6 days a week, and stays there for 90 days. Recovery periods are predetermined after every 3 to 4 weeks, which meant exercise type and *intensity* were the only variables we could work with to create the conditions for radical transformation. We put those variables into overdrive, designing routines with the kind of variety that not only continually keeps your muscles guessing, but your imagination as well; there is no room for boredom here. Additionally, these routines have been scheduled to increase in intensity over the course of the program, so that you get stronger, faster, leaner, more balanced, and shredded in a time span once thought impossible. The window of opportunity has been thrown wide open. Let the results shine in.

# THE STUDIES

## PHYSIOLOGY CASE 1

### HIGH INTENSITY INTERVAL TRAINING

The Laval study from 1994 showed us that high intensity interval training (HIIT) could be a very efficient way to train when it concluded: “. . . results reinforce the notion that for a given level of energy expenditure, vigorous exercise favors negative energy and lipid balance to a greater extent than exercise of low to moderate intensity.”

***“. . . results reinforce the notion that for a given level of energy expenditure, vigorous exercise favors negative energy and lipid balance to a greater extent than exercise of low to moderate intensity.”***

A departure from common perceptions of body composition training, which up until then had been centered on aerobic exercise, HIIT wasn't for everyone. It was intense and required a fitness base solid enough to withstand high-intensity rigors. Still, it became the template for many modern exercise programs, including aspects of P90X.

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## PHYSIOLOGY CASES 2, 3, AND 4

### BROADENING THE VARIABLES

In 2002, 2006, and 2008, three similar studies (from Ohio University and McMaster University) showed how results could be bettered (or at least equaled) using modern training techniques. Using different training protocols for each study, concluding evidence was similar.

***“High intensity interval training is a time-efficient strategy to increase skeletal muscle oxidative capacity and induce specific metabolic adaptations during exercise . . .”***

“High intensity interval training is a time-efficient strategy to increase skeletal muscle oxidative capacity and induce specific metabolic adaptations during exercise,” read one, and “is a time-efficient strategy to induce rapid adaptations in skeletal muscle and exercise performance,” stated another, with the third showing that 30-minute circuit-style weight training (and not just traditional HIIT) could elevate metabolic processes up to 38 hours postworkout.

From these studies it was becoming clear HIIT training wasn't beholden to any one training modality, and that the key component was likely a window of opportunity in the first 30 minutes of a workout when your body uses

glycogen for energy, whether it's for low-intensity aerobic or high-intensity exercise. This means that for many of us—especially those who are time challenged—it makes more sense to continue to push the anaerobic realm (such as high intensity intervals) than allow your metabolism to shift into a more efficient “fat burning” mode, where adipose tissue is used for energy. The findings opened the door to the possibility that many different practices, from cardio to weight training to yoga, could all be applied to what once was only the realm of cardio-style HIIT training, which takes a long time to recover from. This allowed for a variety of training styles to be able to work together, à la Muscle Confusion, to reduce the chance of overtraining and/or hitting an exercise plateau.

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### **PHYSIOLOGY CASES 5 AND 6**

#### **THE NUTRITION ELEMENT**

In 1999, Penn State University conducted a study on a group of overweight men divided into three groups. One just dieted. One dieted and did cardio. One dieted, did cardio, and lifted weights. After 12 weeks, they all lost roughly the same amount of weight—between 9 and 10 kilograms. However, the composition of that weight loss varied. The diet group lost 69% fat and 31% muscle. The diet/cardio guys lost 78% fat and 22% muscle. The diet/cardio/weights guys lost 97% fat and 3% muscle.

In other words, a varied and well-rounded diet and exercise program is by far the best way to change your body from fat to ripped.

***“High-intensity intermittent exercise suppresses subsequent *ad libitum* energy intake in overweight inactive men. This format of exercise was found to be well tolerated in an overweight population.”***

In 2013, the University of Western Australia ran a study comparing 30 minutes of high-intensity training versus aerobic training with rest, and each one's effect on overweight men. The study concluded: “High-intensity intermittent exercise suppresses subsequent *ad libitum* energy intake in overweight inactive men. This format of exercise was found to be well tolerated in an overweight population.”

In layman's terms, high-intensity training can actually help overweight individuals become less hungry than when they're doing easy exercise or none at all.



## THE STUDIES CONTINUED

### PHYSIOLOGY CASE 7

#### ***“30 MINUTES OF EXERCISE BETTER THAN AN HOUR!”***

In 2012, two important studies were published out of the University of Copenhagen. The first got most of the press, leading many headlines to state “30 Minutes of Exercise Better Than an Hour.” While that was an exaggeration of the facts, the study did show that exercise strategy was far more important than time.

***“... A moderate dose of exercise induced a markedly greater than expected negative energy balance, while a higher dose induced a small but quantifiable degree of compensation.”***

“No statistically significant changes were found in energy intake or non-exercise physical activity that could explain the different compensatory responses associated with 30 vs. 60 minutes of daily aerobic exercise. In conclusion, a similar body fat loss was obtained regardless of exercise dose. A moderate dose of exercise induced a markedly greater than expected negative energy balance, while a higher dose induced a small but quantifiable degree of compensation.”

This study didn’t involve HIIT. The 30-minute group didn’t get better results because they trained harder (they didn’t) but because they trained in a way that was more appropriate for their fitness level.

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### PHYSIOLOGY CASE 8

#### ***“50% REDUCTION IN TRAINING VOLUME”***

The second study proved more interesting. Done on runners, it concluded: “The present study shows that interval training with short, 10-second, near-maximal bouts can improve performance and  $VO_2$  max despite a ~50% reduction in training volume...”

***“The present study shows that interval training with short, 10-second, near-maximal bouts can improve performance and  $VO_2$  max despite a ~50% reduction in training volume...”***

“...training regime lowers resting systolic blood pressure and blood cholesterol...” This study showed that a group utilizing intelligently designed, shorter workouts could achieve the same results with 50% less volume.





## CHAPTER 3

# PROGRAM OVERVIEW

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## *THE WORKOUTS*

The unique variety of workouts you'll find in P90X3 are not just to keep you from getting bored. They are an integral part of the science. From an almost endless pool of possibilities, the various modalities chosen to become part of the Muscle Acceleration system were rigorously screened for not only individual effectiveness, but for how they integrate with each other and for how they progressively overload your system to force adaptation over the course of 90 days.

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## **TOTAL SYNERGISTICS**

A full-body resistance workout featuring compound movements, which utilize multiple muscle groups in every exercise. With compound movements, the increased force to the body stimulates the body's natural ability to produce performance-enhancing hormones, such as testosterone. These hormonal cascades, as they're called, trigger powerful metabolic changes and are one of the fastest ways to change your body composition.

## **AGILITY X**

A full-body workout that requires floor targets to dictate movements, Agility X uses both aerobic and anaerobic energy, focusing on precision, power, flexibility, balance, and strength. As opposed to traditional cardio workouts, these targeted movements force explosion, deceleration, and proprioceptive adaptations, the sum result being an increased ability to move effortlessly for extended periods of time.

## **THE CHALLENGE**

What could be better than stacking push-ups and pull-ups? These two upper-body icons earned their distinction for a reason: effectiveness. In The Challenge you'll use them in various ways, some that you've probably never seen, to strengthen every muscle in the upper body in synergistic harmony. The result is not only increased muscle size and strength, but stabilization and functionality.

## **X3 YOGA**

X3 Yoga compresses thousands of years of teaching into 30 intense minutes, improving your musculoskeletal flexibility, balance, stamina, body awareness, and core strength. This flow-style practice, taking elements from Ashtanga, Hatha, and others, is perfect for filling the gaps in your fitness that other workouts cannot address.

## **CVX**

Not your mother's cardio workout, CVX combines resistance with intervals in order to increase the impact across every energy system. You'll stress everything from power and anaerobic endurance to aerobic endurance. You'll also strengthen your core. CVX provides a full-body burn.

## **THE WARRIOR**

The Warrior is a total-body workout, free of equipment, based on Tony's 10+ years of working with the U.S. Armed Forces. You'll circuit upper- and lower-body resistance with core and cardio work, essentially touching on every area of fitness in one workout—and it's all been honed into an über-intense 30-minute blast. When you need a one-size-fits-all workout that can be done anytime, anywhere, this is your drill.

## **ISOMETRIX**

A strong foundation is essential for overall fitness, so Isometrix combines isometric contraction with instability to make your core rock solid. Isometric contractions occur when the muscle neither shortens nor lengthens and the joint angle does not change, building static strength. Adding instability to the mix requires your body to fire its stabilization muscles. When training these two simultaneously, you create an unshakable platform to work off, heightening the affects of movement training that you'll target in other workouts.

## **DYNAMIX**

If you can't move right, you can't play right. Dynamix focuses on using your muscles, connective tissue, and joint function in symbiotic actions to actively increase range of motion, flexibility, and stabilization. When worked in harmony, these systems are your keys to free and easy movement.

## **ACCELERATOR**

By engaging both the aerobic and anaerobic pathways, Accelerator increases cardiovascular and muscular efficiency, resulting in more bang for your fat-burning buck. You achieve this by exercising at two different speeds, each targeting specific energy systems. This unique combination eliminates downtime associated with power-based workouts, while maximizing the consistency of traditional aerobic workouts.

## **PILATES X**

A century ago, Joseph Pilates founded a style of training he coined Contrology. By understanding the importance of controlling the body through its core while centering on breathing and balance, he revolutionized how we can strengthen the foundation upon which our bodies can better function and endure the effects of aging. P90X3 takes Contrology into the millennia by combining Pilates' fundamentals with modern science, resulting in a workout that builds core strength and muscle elasticity, stabilizes the joints, and creates a solid human platform to perform the activity we call *life*.

## **INCINERATOR**

This is the one routine designed to burn you out. Exercise is one of the few times in life where failure is a goal. With Incinerator, it's your ticket to results, as you're forced to Bring It until there's nothing left to bring. In exercise terms, failure is important in defining your limits. If you never fail, you simply cannot achieve your potential. This push-and-pull-focused workout uses back-to-back movements engaging the same primary muscle groups. The first movement targets hypertrophy (muscle growth), and the last movement pushes you just past your limit. With Incinerator, failure is your only option.

## **TRIOMETRICS**

Old-school plyometrics is jump training. Welcome to Triometrics, X3's state-of-the-art take on a plyo workout that goes far beyond simple jumping. "Plyometric" here means explosive. It's a highly effective means of training muscular efficiency or power. The downside of this training is the time factor. The more explosive force that's created, the more downtime you need. Triometrics' proprietary formula utilizes three different difficulty levels for every exercise, each targeting a different physiological response while minimizing the downtime needed between movements. The result is a workout that increases speed and power in a fraction of the time you're used to training.

## **MMX**

This is a Mixed Martial Arts routine where submission is not an option. Combining karate, kenpo, jiu-jitsu, judo, and tae kwon do, this martial arts-based cardio workout does a lot more than increase your heart rate. In MMX you'll burn fat by taxing your upper-body strength, core power, leg endurance, and flexibility. Plus, you'll learn a new way to let your aggression out.

## **ECCENTRIC UPPER AND ECCENTRIC LOWER**

Referred to as “negatives” in gym vernacular, your one-word synopsis for these workouts will probably be “pumped.” Time under tension is the key to creating the greatest hormonal releases to induce hypertrophy, or muscle growth. In these workouts you’ll slow down the eccentric (or negative) half of each movement until you’re begging for mercy. Concentric is when the muscle shortens, eccentric is when it lengthens. During each exercise you’ll focus on the latter because it recruits more muscle cell motor units than the concentric half, resulting in the biggest testosterone bang for your time-under-tension buck. (And X3’s all about bang for your buck!)

## **DECELERATOR**

Most athletic injuries occur on landing, not during takeoff, which is why a University of Southampton study concluded deceleration training is a must for general fitness training programs. Decelerator focuses on this type of training, using strategic angles to force loads on different parts of your anatomy, thus increasing your ability to stabilize and protect muscles, connective tissues, and joints. It also focuses on the strength and explosive power associated with launching into a move, creating a balance between your ability to go up strong and come down safe.

## **COLD START**

Every workout should begin with a warm-up. And when you’re sore, tired, or in a chilly climate, a slightly longer warm-up can make the difference between a great workout and injury. Cold Start will increase your heart and respiratory rates, warm up muscle tissues, warm up joint synovial fluid, prepare your neurological system for movement, and get you psychologically prepared for the work ahead. Oh, and it also feels really good.

## **COMPLEX UPPER AND COMPLEX LOWER\***

To be elite, you must be efficient—and complex training is first and foremost about efficiency in all areas: musculoskeletal strength, muscle elasticity, dynamic movement patterns, core functionality, and mobility. These complex workouts are designed around the science of Post-Activation Potentiation, which requires a weighted resistance exercise followed by an explosive movement. Studies as far back as the ’60s confirm that a heavy contraction exercise done prior to an explosive movement enables activation of high-threshold muscle cell motor units (how we define muscular efficiency), which translates into absolute strength or power. Done strategically, these workouts—to put it simply—make you move better. They’re the definition of higher, stronger, faster.

## **X3 AB RIPPER\***

Welcome to the latest incarnation of abdominal hell, which not only focuses on your rectus abdominus (that’s where your washboard is), but also your transverse abdominus and internal and external obliques. This 15-minute trunk burner extreme is for those times when you absolutely, positively need to take your core strength to the next level. Think of X3 Ab Ripper as your eight-pack bonus.

\*To order these workouts contact your Team Beachbody Coach or visit [P90X3BonusWorkouts.com](http://P90X3BonusWorkouts.com)



# SCHEDULES

**CLASSIC** For total-body fitness, Classic is the program of choice. Its traditional balance of cardio and resistance, along with standard Muscle Confusing perks associated with the P90X system, will help you gain muscle, lose fat, and move better than you have since you were a kid.

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**LEAN** The Lean rotation is designed for those who prefer a more toned look. It's not necessarily better for weight loss. Both Lean and Classic can work equally well. But instead of muscular hypertrophy you'll target functionality, mobility, and cardiovascular fitness. You'll still gain some muscle, you'll still lose fat, and you'll still get strong; you'll just stay lean.

---

**MASS** For those looking for bulk over getting ripped, Mass is your schedule. Because it's not the goal of most of our customers, it requires a little more information than our other plans. First off, you'll have to eat. A lot. Gaining muscle takes calories, probably more than you're used to. You can use the P90X3 Nutrition Guide. You'll just be calculating for gain instead of loss. It's also important that you do the resistance workouts with some forethought. You want to stay in the hypertrophy (or muscle growth) range during as many resistance sets as possible. Depending on how fast you go, 6 to 15 reps is what you're after during each set, with the goal of maximizing time under tension. For best results, you should slow each rep down, focus on form, use all the weight you can safely handle, and minimize the rest between sets.

---

**DOUBLES** Doubles is another niche rotation. It won't be appropriate for all of you, and everyone interested should complete 90 days of P90X3 first. More is not necessarily merrier when it comes to exercise. Without a proper base, Doubles will break you down beyond your body's ability to recover. With that warning, it can help to accelerate both fitness gains and weight loss for those who are ready for it.

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**WHAT IF I MISS A WORKOUT OR TWO?** Do the workout in the order of your schedule. If you miss a day (or two or three or four) ignore it and still do the workout you were scheduled to do the day you missed it. After five or more missed days, still do the scheduled workout but start SLOW and do the workout either easier or shorter—otherwise you can end up breaking down too much muscle and getting so sore that you have to miss even more days.





# P90X3

## PROGRAM OVERVIEW PERIODIZATION SCHEDULE

RESULTS



TIME  
DAY 1

DAY 90

FOR A BREAKDOWN OF THE VARIOUS P90X3 PROGRAM ROTATIONS SEE PAGE 32.

# CHAPTER 4

## P90X3 PREP *WHAT YOU NEED TO BEGIN*

Like the Quickstart Guide says, all you really need to get going is a small space, some weights or resistance bands, a device that plays DVDs, and a commitment to Bring It. However, to really track your progress and get the best results possible, we suggest you take a little more time to plan your next 90 days. Even if you've already "quickstarted," following these simple steps will assure that you accelerate your results and achieve your goals faster.

*STEP 1 – WATCH "HOW TO ACCELERATE" AND/OR AT LEAST READ THE SECTION OF THE SAME NAME BELOW.*

*STEP 2 – RECORD YOUR MEASUREMENTS AND TAKE "BEFORE" PHOTOS.*

*STEP 3 – PREPARE YOUR WORKOUT AREA (SEE EQUIPMENT LIST ON PAGE 24).*

*STEP 4 – READ THE NUTRITION GUIDE AND GET YOUR KITCHEN IN ORDER!*

*STEP 5 – CONSIDER A SUPPLEMENTATION STRATEGY.*

*STEP 6 – TAKE THE FIT TEST.*

*STEP 7 – LOG ON TO TEAMBEACHBODY.COM TO GET PEER SUPPORT AND ADVICE FROM BEACHBODY'S TEAM OF EXPERTS.*

*STEP 8 – TRACK YOUR WORKOUTS USING THE P90X APP OR P90X3 WORKSHEETS.*

### HOW TO ACCELERATE

*HAVING TONY IN YOUR HOME MAKES FITNESS SIMPLE, BUT THERE ARE A FEW TIPS THAT WILL MAKE YOUR JOURNEY EASIER IF YOU KNOW THEM BEFORE YOU START.*

**MODIFY WHEN NECESSARY!** Don't fall into the trap of thinking the modification movements mean you aren't trying hard enough. The key to the program is to get the most out of every single set of exercises you do. The modifications aren't just there for when you can't do a move. Use them whenever you can't finish a full set. There's no problem with starting an exercise the regular way and finishing it modified. This will help keep you going and ensure you remain safe during your workouts. The P90X3 movements are hard! No one gets through every one perfectly. Do your best, and then modify!

**FAILURE IS AN OPTION.** You will fail on exercises, and this is good. Failing means you pushed yourself as hard as you could, and that's exactly what you want. When an exercise becomes easy, add more weight, do a harder variation (the cast offers many options), speed up, slow down, or do more repetitions. Until you fail or at least get close to failure. A perfect workout would be to barely make every set. Second best would be to fail on the very last rep of every single set. While both scenarios are unlikely, you're shooting for that kind of effort.

**THE IMPORTANCE OF REST AND RECOVERY.** Effort brings results just so long as you recover from your efforts. Recovery is a balance of time off between workouts, following a proper training schedule, sleep, lifestyle, and nutrition. The Muscle Acceleration system takes all of these into account, which is why, for best results, you want to follow the program in full instead of randomly using your favorite workout over and over.

**DON'T GET HURT!** Injuries are an inevitable part of life, especially when you're training hard. Considering the alternative, which is a litany of illnesses associated with not exercising, you have no choice but to endure a little tweak here and there in order to keep your body strong and resilient to the world around us. You can, however, minimize the chances of injury by following these rules.

**WARM UP THOROUGHLY.** The P90X3 workouts are intense and the warm-ups are quick. On days when you're extra sore and just having trouble getting into the mood, take a little extra time to get your body moving. Consider using Cold Start, or part of Dynamix, before you start to Bring It.

**STAY HYDRATED.** Hydrated muscles and connective tissues are more resistant to injury. Repeated studies show that people don't drink enough water. You need more. Probably a lot more. Drink. A lot.

**COOL DOWN.** It's tempting to save time by ending your workout after the business is over. Don't do it! A few minutes to stretch out muscle fibers that have been shortened during your workout will kick-start your recovery process.

**EAT WELL.** Don't throw away your hard work by eating a bunch of junk. Follow the P90X3 Nutrition Guide, particularly the part about postworkout nutrition, and you'll maximize your body's ability to grow strong and ripped, and stay injury free.

**SLEEP.** Nothing speeds up your recovery process as well as sleep. The average adult needs between 7 and 8 hours of uninterrupted sleep when completing any fitness program. Full rest is when your body kicks in its performance-enhancing hormones that rebuild your body and change your metabolic processes that are the key to staying healthy, losing weight, and getting ripped.

## **"BEFORE" AND "AFTER" BODY MEASUREMENTS**

Your scale doesn't know the difference between muscle and fat, so the best way to track your progress is by taking your measurements. Simply follow the directions below. Make note of your progress every week to see how you're doing.

Body Fat %, DAY 0

DAY 91

Weight, DAY 0

DAY 91

*(PLEASE INDICATE IF WEARING CLOTHES)*

Chest, DAY 0

DAY 91

Waist, DAY 0

DAY 91

Hips, DAY 0

DAY 91

Right Thigh, DAY 0

DAY 91

Left Thigh, DAY 0

DAY 91

Right Arm, DAY 0

DAY 91

Left Arm, DAY 0

DAY 91

## HOW TO TAKE YOUR BEST “BEFORE” AND “AFTER” PHOTOS

On the outside, P90X3 will help you build lean, hard muscle and strengthen and sculpt your body. Photos are great motivators, and will show you where you need the work. Before you begin P90X3, take your first series of photos by following these easy guidelines. Repeat this process at Days 30, 60, and 90.

**CAMERA** Shoot your photos with a digital camera or smartphone, and save them as follows:

- ▶ Minimum size of 2400 x 3000 pixels or higher
- ▶ JPEG file format
- ▶ 300 dpi resolution

**CLOTHES** Wear the same or similar clothing for EVERY PHOTO. Avoid wearing colors that blend into the background. The more skin you show, the more you’ll show off your transformation.

**BACKDROP** Use a solid-colored background that’s different from the clothes you’re wearing. Avoid standing by windows or bright lights.

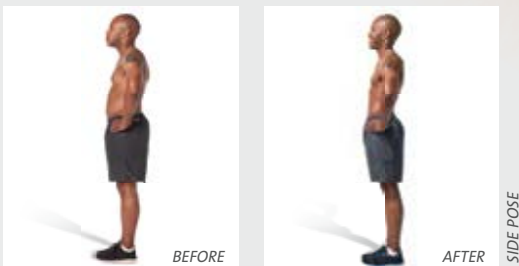
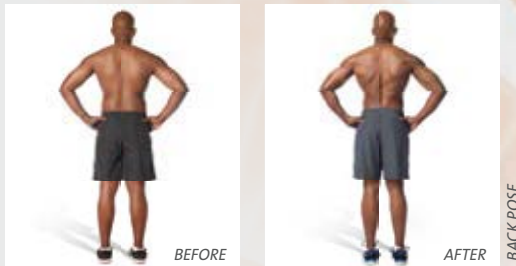
**POSES TO STRIKE** Take several photos of your front, side, and back that reflect your body’s true appearance. Don’t suck in or push out.

**PRIZES TO WIN** Your FREE T-shirt entry also enters you in the Beachbody Challenge, which gives you a shot at winning serious cash and prizes. Just submit your results at [P90X3FreeShirt.com](http://P90X3FreeShirt.com).



To watch an instructional video on how to take your best “before” and “after” photos, use your smartphone to scan this QR code now.

### “BEFORE” AND “AFTER” POSES TO INCLUDE:



# EQUIPMENT

**THE FOLLOWING EQUIPMENT IS RECOMMENDED FOR USE WITH P90X3.**

## **P90X CHIN-UP BAR**



Pull-ups are an integral movement for upper-body development, and for this reason P90X3 requires a bar that can be used for a variety of pull-up exercises. Beachbody has designed the ultimate pull-up/chin-up bar to securely fit in most doorways. This valuable workout tool is ideal for performing the array of pull-up exercises used in this program.

## **P90X CHIN-UP MAX**



Designed for use with the P90X Chin-Up Bar, the Chin-Up Max gives you an adjustable amount of lift so you can work your way up to doing more unassisted chin-ups and pull-ups. Use it to build strength, improve technique, and push your results even further.

## **TONY HORTON'S POWERSTANDS®**



If your chest is already strong enough to knock out three sets of 20-plus push-ups each, these non-skid push-up stands designed by Tony Horton are the ideal tool for intensifying your movements. They can also benefit those who suffer from wrist ailments, as the unique ergonomic design helps alleviate stress on the wrist joints.

## **STANDARD DUMBBELLS**



A major portion of P90X3 calls for weight resistance exercises to build strength and muscle. Depending on your fitness level, you will need a variety of dumbbells ranging in weight from 5 to 50 pounds.

## **B-LINES® RESISTANCE BANDS**



Some people prefer bands to dumbbells—especially if you travel. Beachbody offers bands with ergonomic handles for maximum comfort during even the most intense movements. For men we recommend a three-band kit that includes Magenta (B4), Red (B6), and Green (B8). For women we recommend a three-band kit that includes Pink (B3), Magenta (B4), and Red (B6).

## **YOGA BLOCKS (2)**



For those new to yoga and the slightly less flexible, these blocks offer added support to assist with balance while holding certain poses.

## **BEACHBODY JUMP MAT**



With hundreds of exercise mats to choose from, only one had what it took to Bring It to P90X3. This high-quality, shock-absorbing mat will help reduce the stress placed on your joints and tendons during Triometrics, and will provide a secure and comfortable surface for X3 Yoga.

PowerStands is a registered trademark of Tony Horton.



# SUPPLEMENTS

## THE FOLLOWING SUPPLEMENTS ARE RECOMMENDED FOR USE WITH P90X3.

P90X3 may be just 30 minutes out of your day, but it's still 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. These supplements are optional, so you have a choice. But know that they were designed for P90X programs and will supply your body with the nutrients necessary 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 mind and body to perform optimally on a daily basis.

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



### SHAKEOLOGY®: THE HEALTHIEST MEAL OF THE DAY®

Making Shakeology part of your P90X3 nutrition plan is a great way to increase energy and reduce junk food cravings. Shakeology is a nutrient-dense superfood shake. Packed with protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare ingredients—like camu-camu and sacha inchi—it gives you unique nutrients you can't get from an ordinary diet. Choose from these great flavors: rich, decadent Chocolate; refreshing, fruity Greenberry; simply satisfying Vanilla. Or, if you're looking for the great benefits of Shakeology without animal products, we've got that covered. Check out our vegan Tropical Strawberry or Chocolate Vegan Shakeology.

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 P90X3 workouts.\*

*To learn more, visit [Shakeology.com](http://Shakeology.com). To order, ask your Team Beachbody Coach or go to [ShakeologyP90X3.com](http://ShakeologyP90X3.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. Results and Recovery Formula helps you get better results and recover faster, 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. The delicious, smooth orange flavor makes it a nice postworkout 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 building. 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%. 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 other 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 savings 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 bars are a great alternative to fast food and snacks that are high in saturated fats and high fructose corn syrup.



### E&E ENERGY AND ENDURANCE® PREWORKOUT FORMULA

Your P90X3 workouts are tough, and if you don't have the energy to go full out, you won't get your best results. That's why E&E Energy and Endurance is an essential part of your program. It's scientifically formulated to help improve your energy, endurance, strength, and focus, so you can maximize every second of your P90X3 workouts! E&E Energy and Endurance features a proprietary blend of advanced nitric oxide boosters, amino acids, B vitamins, electrolytes, and natural energizers to help you power through your workouts! Not only that, but you'll burn more calories and fat to get ripped faster.\*

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

# TAKE THE FIT TEST

Before beginning an extreme fitness program like P90X3, it's important to be sure that your level of fitness is adequate. P90X3 is an intense program and an entry level of fitness is 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 with better results and help prepare your body for P90X3. You may notice that this is the exact same Fit Test you took for P90X and P90X2. Even though P90X3 is a different program, you'll want to use the same movement patterns and measurements to track your progress.

**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 P90X3, 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

- ▶ Stopwatch or heart rate monitor
- ▶ Body fat tester or caliper
- ▶ Tape measure
- ▶ Scale (calibrated to 0.0 lbs.)
- ▶ Partner to help record data (optional)
- ▶ Chin-Up Bar (securely installed)
- ▶ Dumbbells or resistance bands
- ▶ Towel
- ▶ Water
- ▶ P90X App (optional)

## 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, DAY 0

Heart rate, DAY 91

*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 P90X3 workout.

### 1 ] PULL-UPS

Using a wide grip, grasp your Chin-Up Bar (with your palms facing forward, away from your body, with your two fists wider than your 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  $\frac{1}{4}$ ,  $\frac{1}{2}$ , or  $\frac{3}{4}$  of a pull-up, go ahead and record it anyway.)

DAY 0:

DAY 91:

You 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 P90X3. You’ll get more out of the program if you can do pull-ups, but you can substitute by using 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 your shoulder against the wall and raise your arm straight overhead against the wall. Record that height here.

DAY 0:

DAY 91:

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

DAY 0:

DAY 91:

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

DAY 0:

DAY 91:

You 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 attempt to go past failure or you will risk injuring yourself.

### 3 ] PUSH-UPS

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

Record the number of push-ups performed to failure here.

DAY 0:

DAY 91:

You 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 the floor with your legs extended directly in front of you. Bend forward at the waist and extend your arms over your legs toward your toes. Don’t bend your knees. See how close you can get your fingertips to your toes. If you’re not able to reach, measure the distance from your fingertips to your toes. If you’re able to extend your fingers beyond your toes, measure how much further your fingers reach beyond your toes. Do not strain or force.

Record the distance from your fingertips to your toes here.

Use a “-” if you’re not able to reach your toes (e.g., -3 inches) or a “+” if you’re reaching beyond your toes (e.g., +3 inches).

DAY 0:

DAY 91:

Your 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 your back flat against the 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 the 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 your hands on the wall or “scoot” with your 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.

DAY 0:

DAY 91:

You should be able to hold the wall squat for at least 1 minute.

*REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.*

## 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 after 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 your arms straight down in front of your body, palms forward. Be sure your 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 the number of curls completed and weight used here.

DAY 0:  CURLS  WEIGHT

DAY 91:  CURLS  WEIGHT

You 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

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

Record the number of in and outs performed here.

DAY 0:

DAY 91:

You should be able to do at least 25.

*REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.*

## 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—THE LAST 30 SECONDS ARE AT A SPRINT.**

**STEP 2: RECORD YOUR HEART RATE IMMEDIATELY AFTER THE JUMPING JACKS HERE.**

DAY 0:

DAY 91:

**STEP 3: RECORD YOUR HEART RATE 1 MINUTE AFTER STOPPING HERE.**

DAY 0:

DAY 91:

**HEART RATE MAXIMIZER** continued on next page



**HEART RATE MAXIMIZER** *continued*

**STEP 4: RECORD YOUR HEART RATE 2 MINUTES AFTER STOPPING HERE.**

DAY 0:

DAY 91:

**STEP 5: RECORD YOUR HEART RATE 3 MINUTES AFTER STOPPING HERE.**

DAY 0:

DAY 91:

**STEP 6: RECORD YOUR HEART RATE 4 MINUTES AFTER STOPPING HERE.**

DAY 0:

DAY 91:

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

## **TEAMBEACHBODY.COM**

If you've got further questions, TeamBeachbody.com is where you'll find the answers. Since 2001 Team Beachbody has been the hub of everything fitness and nutrition related associated with Beachbody.

To help them reach their fitness goals, every TeamBeachbody.com member is partnered with a FREE Coach. Think of your Coach as your best friend in the Team Beachbody community. He or she started out as a customer, just like you, and has since seen the amazing results that Beachbody products can bring. Simply put, your Coach wants you to get in the best shape of your life.

On TeamBeachbody.com you'll find answers to all your burning fitness and nutrition questions, as well as:

- ▶ Live video trainer chats, where you can interact with Tony Horton and all of our expert trainers and nutritionists
- ▶ Customizable meal plans
- ▶ The ability to log your workouts in our SuperGym® or sync with the P90X App
- ▶ Hundreds of healthy recipes
- ▶ Fitness and nutrition tips from our trainers
- ▶ Our Message Boards, which not only feature one of the most thorough FAQ in the fitness world, but are also staffed by Beachbody's fitness and nutrition experts





# CHAPTER 5 THE SCHEDULES

## P90X3 - CLASSIC

### BLOCK 1

#### WEEKS 1 - 3

DAY 1 - TOTAL SYNERGISTICS

DAY 2 - AGILITY X

DAY 3 - X3 YOGA

DAY 4 - THE CHALLENGE

DAY 5 - CVX

DAY 6 - THE WARRIOR

DAY 7 - REST OR DYNAMIX

#### WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - CVX

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

### BLOCK 2

#### WEEKS 5 - 7

DAY 1 - ECCENTRIC UPPER

DAY 2 - TRIOMETRICS

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC LOWER

DAY 5 - INCINERATOR

DAY 6 - MMX

DAY 7 - REST OR DYNAMIX

#### WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - CVX

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

### BLOCK 3

#### WEEKS 9 AND 11

DAY 1 - DECELERATOR

DAY 2 - AGILITY X

DAY 3 - THE CHALLENGE OR  
COMPLEX UPPER

DAY 4 - X3 YOGA

DAY 5 - TRIOMETRICS

DAY 6 - TOTAL SYNERGISTICS OR  
COMPLEX LOWER

DAY 7 - REST OR DYNAMIX

#### WEEKS 10 AND 12

DAY 1 - DECELERATOR

DAY 2 - MMX

DAY 3 - ECCENTRIC UPPER

DAY 4 - TRIOMETRICS

DAY 5 - PILATES X

DAY 6 - ECCENTRIC LOWER

DAY 7 - REST OR DYNAMIX

#### WEEK 13 - VICTORY WEEK

DAY 1 - ISOMETRIX

DAY 2 - ACCELERATOR

DAY 3 - PILATES X

DAY 4 - X3 YOGA

DAY 5 - DYNAMIX

DAY 6 - REST OR DYNAMIX

DAY 7 - FINAL FIT TEST &  
PHOTO SHOOT

# P90X3 - LEAN

## **BLOCK 1**

### **WEEKS 1 - 3**

DAY 1 - ACCELERATOR  
DAY 2 - THE WARRIOR  
DAY 3 - X3 YOGA  
DAY 4 - CVX  
DAY 5 - ISOMETRIX  
DAY 6 - AGILITY X  
DAY 7 - REST OR DYNAMIX

### **WEEK 4 - TRANSITION**

DAY 1 - ISOMETRIX  
DAY 2 - DYNAMIX  
DAY 3 - ACCELERATOR  
DAY 4 - PILATES X  
DAY 5 - AGILITY X  
DAY 6 - X3 YOGA  
DAY 7 - REST OR DYNAMIX

## **BLOCK 2**

### **WEEKS 5 - 7**

DAY 1 - TRIOMETRICS  
DAY 2 - THE WARRIOR  
DAY 3 - X3 YOGA  
DAY 4 - MMX  
DAY 5 - INCINERATOR  
DAY 6 - CVX  
DAY 7 - REST OR DYNAMIX

### **WEEK 8 - TRANSITION**

DAY 1 - ISOMETRIX  
DAY 2 - DYNAMIX  
DAY 3 - ACCELERATOR  
DAY 4 - PILATES X  
DAY 5 - AGILITY X  
DAY 6 - X3 YOGA  
DAY 7 - REST OR DYNAMIX

## **BLOCK 3**

### **WEEKS 9 AND 11**

DAY 1 - DECELERATOR  
DAY 2 - MMX  
DAY 3 - ECCENTRIC LOWER OR  
COMPLEX LOWER  
DAY 4 - X3 YOGA  
DAY 5 - TRIOMETRICS  
DAY 6 - ECCENTRIC UPPER OR  
COMPLEX UPPER  
DAY 7 - REST OR DYNAMIX

### **WEEKS 10 AND 12**

DAY 1 - MMX  
DAY 2 - DECELERATOR  
DAY 3 - TRIOMETRICS  
DAY 4 - PILATES X  
DAY 5 - DECELERATOR  
DAY 6 - CVX  
DAY 7 - REST OR DYNAMIX

### **WEEK 13 - VICTORY WEEK**

DAY 1 - ISOMETRIX  
DAY 2 - ACCELERATOR  
DAY 3 - PILATES X  
DAY 4 - X3 YOGA  
DAY 5 - DYNAMIX  
DAY 6 - REST OR DYNAMIX  
DAY 7 - FINAL FIT TEST &  
PHOTO SHOOT

# THE SCHEDULES CONTINUED

## P90X3 - MASS

### **BLOCK 1**

#### **WEEKS 1 - 3**

DAY 1 - TOTAL SYNERGISTICS

DAY 2 - AGILITY X

DAY 3 - X3 YOGA

DAY 4 - THE CHALLENGE

DAY 5 - PILATES X

DAY 6 - INCINERATOR

DAY 7 - REST OR DYNAMIX

#### **WEEK 4 - TRANSITION**

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - THE WARRIOR

DAY 4 - PILATES X

DAY 5 - AGILITY X

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

### **BLOCK 2**

#### **WEEKS 5 - 7**

DAY 1 - ECCENTRIC UPPER

DAY 2 - ECCENTRIC LOWER

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC UPPER

DAY 5 - ECCENTRIC LOWER

DAY 6 - MMX

DAY 7 - REST OR DYNAMIX

#### **WEEK 8 - TRANSITION**

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - THE WARRIOR

DAY 4 - PILATES X

DAY 5 - DECELERATOR

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

### **BLOCK 3**

#### **WEEKS 9 AND 11**

DAY 1 - ECCENTRIC UPPER

DAY 2 - ECCENTRIC LOWER

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC UPPER

DAY 5 - ECCENTRIC LOWER

DAY 6 - MMX

DAY 7 - REST OR DYNAMIX

#### **WEEKS 10 AND 12**

DAY 1 - TOTAL SYNERGISTICS

DAY 2 - AGILITY X

DAY 3 - X3 YOGA

DAY 4 - THE CHALLENGE

DAY 5 - PILATES X

DAY 6 - INCINERATOR

DAY 7 - REST OR DYNAMIX

#### **WEEK 13 - VICTORY WEEK**

DAY 1 - ISOMETRIX

DAY 2 - X3 YOGA

DAY 3 - DECELERATOR

DAY 4 - ECCENTRIC LOWER

DAY 5 - ECCENTRIC UPPER

DAY 6 - DYNAMIX

DAY 7 - FINAL FIT TEST &

PHOTO SHOOT

# P90X3 - DOUBLES

## BLOCK 1

### WEEKS 1 - 3

DAY 1 - TOTAL SYNERGISTICS &  
COLD START

DAY 2 - AGILITY X & DYNAMIX

DAY 3 - X3 YOGA

DAY 4 - THE CHALLENGE &  
COLD START

DAY 5 - CVX & DYNAMIX

DAY 6 - THE WARRIOR

DAY 7 - REST OR DYNAMIX

### WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - AGILITY X

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

## BLOCK 2

### WEEKS 5 - 7

DAY 1 - ECCENTRIC UPPER &  
ACCELERATOR

DAY 2 - TRIOMETRICS &  
DYNAMIX

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC LOWER  
& CVX

DAY 5 - INCINERATOR & ISOMETRIX

DAY 6 - MMX & DYNAMIX

DAY 7 - REST OR DYNAMIX

### WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - AGILITY X & DYNAMIX

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

## BLOCK 3

### WEEKS 9 AND 11

DAY 1 - DECELERATOR &  
ACCELERATOR

DAY 2 - MMX & PILATES X

DAY 3 - THE CHALLENGE OR  
COMPLEX UPPER &  
X3 AB RIPPER OR DYNAMIX

DAY 4 - X3 YOGA & AGILITY X

DAY 5 - TRIOMETRICS &  
ISOMETRIX

DAY 6 - TOTAL SYNERGISTICS OR  
COMPLEX LOWER &  
X3 AB RIPPER OR DYNAMIX

DAY 7 - REST OR DYNAMIX

### WEEKS 10 AND 12

DAY 1 - DECELERATOR &  
ACCELERATOR

DAY 2 - CVX AND PILATES X

DAY 3 - ECCENTRIC UPPER &  
MMX

DAY 4 - TRIOMETRICS &  
ISOMETRIX

DAY 5 - X3 YOGA & CVX

DAY 6 - ECCENTRIC LOWER &  
DYNAMIX

DAY 7 - REST OR DYNAMIX

### WEEK 13 - VICTORY WEEK

DAY 1 - ISOMETRIX

DAY 2 - ACCELERATOR

DAY 3 - PILATES X

DAY 4 - X3 YOGA

DAY 5 - DYNAMIX

DAY 6 - REST OR DYNAMIX

DAY 7 - FINAL FIT TEST &  
PHOTO SHOOT

# P90X3 - ELITE BLOCK

## **THE ADVANCED LEVEL**

The Elite Block is focused primarily on complex training. This is a very intense style of training, centered around post-activation potentiation, a powerful tool for increasing athletic performance. It's placed at the end of the program because a solid fitness foundation is a prerequisite for getting the most out of post-activation potentiation. You won't find it in the Mass rotation because complex training emphasizes speed and power over muscle growth.

## **THE DELUXE KIT**

**A 4-WEEK ELITE BLOCK USING  
X3 AB RIPPER AND COMPLEX  
UPPER AND LOWER**

## **ELITE BLOCK**

### **WEEKS 14 – 16**

**DAY 1 – COMPLEX UPPER &  
X3 AB RIPPER**

**DAY 2 – COMPLEX LOWER**

**DAY 3 – X3 YOGA**

**DAY 4 – COMPLEX UPPER &  
X3 AB RIPPER**

**DAY 5 – COMPLEX LOWER**

**DAY 6 – PILATES X**

**DAY 7 – REST OR DYNAMIX**

### **WEEK 17 – ELITE WEEK**

**DAY 1 – AGILITY X**

**DAY 2 – X3 YOGA**

**DAY 3 – CVX**

**DAY 4 – PILATES X**

**DAY 5 – ISOMETRIX**

**DAY 6 – DYNAMIX**

**DAY 7 – FIT TEST**

TO ORDER THESE ADDITIONAL P90X3 WORKOUTS,  
CONTACT YOUR TEAM BEACHBODY COACH OR VISIT [P90X3BONUSWORKOUTS.COM](http://P90X3BONUSWORKOUTS.COM)



# CHAPTER 6

## WHEN YOU'RE DONE

### 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 Day 91 results in the blanks provided in that section.

### TAKE YOUR "AFTER" PICTURE

Your final photo shoot is the culmination of all of your hard work and disciplined eating. To make sure you look your very best, adhere to the following guidelines.

#### ► COMPLETE YOUR VICTORY WEEK FIRST

When you are training hard, your body often releases cortisol (a performance-enhancing hormone) which causes temporary water retention for protection. Your body needs this final victory week to recalibrate. As you recover, your body will flush the excess water, making you look lean and shredded.

#### ► EAT FOR THE CAMERA

This week is about finding the perfect balance. You need to consume enough to help your body recover, but not so much that you are overeating. The simplest way to do this is to lessen the amount of starchy carbohydrates and sugars in your diet. Since your training volume and intensity are lessened, you will need fewer carbohydrates for fuel. Focus on lean meats and non-starchy vegetables. Also avoid excess condiments and sodium, particularly on the last 3 days before the shoot.

#### ► LIGHTS, CAMERA, ACTION

It is normal to lack energy after a restricted calorie week. If you are completing your final fit test or doing some exercises to create a "pump," allow yourself a small serving of carbs (100 to 150 calories of fruit, cereal, or Results and Recovery Formula). This will be just enough to fuel your movements and get you the ripped look you want for your photos. If you are more interested in appearing lean, skip the snack and the exercises. Just remember to smile.

### 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.

### TAKE THE NEXT STEP — P90X AND P90X2

P90X3's strategic use of the 30-minute window of opportunity is very efficient for creating adaptive stress on the body. At some point you will adapt, and when you do, P90X and P90X2 are there to help you take the next step.

Both of these programs work on the Muscle Confusion template. P90X2 takes things further by adding training blocks for both Foundation and Performance, while most of P90X focuses on what's called the Strength Phase in P90X2. Because the Muscle Integration System of P90X2 is more thorough, following P90X3 with P90X2 and finishing things off with the original is the recommended protocol for those of you wanting to wring every last shred of fitness potential out of your body.

Of course you'll also be able to do additional rounds of P90X3 to further your results, especially using the Elite Block and the alternate rotations. But when you really want to step things up, P90X and P90X2 are your ticket to professional-level human performance.

# CHAPTER 7 *WORKOUT GUIDES*

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*TOTAL SYNERGISTICS*

### 1 PUSH-UP/SIDE ARM BALANCE

10 each side, alternating | No equipment

In plank position, bend your elbows, lowering your chest toward the floor. Extend both elbows, lift your right hand toward the ceiling, and open your body toward the right. Place your hand back on the floor and repeat.

**MODIFY** Limit range of motion

### 2 CRESCENT CHAIR

10 each side | No equipment

With your feet and knees together in chair, extend one leg behind you in a lunge. Step your foot back into chair position, and repeat on the opposite side.

**MODIFY** Hands in prayer

### 3 PULL KNEE PULL

10 total | Chin-Up Bar/Chin-Up Max (optional) or resistance bands

Holding on to the Chin-Up Bar, with your palms facing away from you, bring your chest to the bar. At your highest point, pull your knees up toward your chest, curling your torso in. Extend everything and repeat.

**MODIFY** Use Chin-Up Max or resistance band; pull one knee in at a time

### 4 FLIP FLOP CRUNCH

6–8 each side | No equipment

In a forearm side plank, extend your top arm out over your ear and pull your top arm to your top knee, in front of your torso. Extend back to straight and turn your body to the opposite side.

**MODIFY** Keep leg low

### 5 CRAWLY PLYO PUSH-UPS

12–20 total | No equipment

In a low plank, with your torso hovering above the floor, bring your right knee and elbow together and explode off the ground, switching your knee and elbow in the air.

**MODIFY** Walk into each plank

### 6 RELEVÉ-PLIÉ, WEIGHTED

10 total | 1 heavy dumbbell

In a wide stance, with your feet externally rotated and your heels off the ground, lower your glutes down to knee level, pause, and then extend a few inches, never straightening your legs.

**MODIFY** Use resistance band

## 7 CHIN-UP CIRCLE CRUNCH

10 total | Chin-Up Bar/Chin-Up Max (optional) or resistance bands

Holding the Chin-Up Bar with your palms toward you, perform a chin-up, then circle your knees up and around to the right. Extend your elbows and lower your body back toward the ground.

**MODIFY** Use Chin-Up Max or resistance band, supine, alternate direction of circle

## 8 BOAT PLOW

10 total | No equipment

On your tailbone, extend your legs off the ground at 45 degrees. Rock back on to your shoulder blades and bring your legs overhead into plow, with your hands on the ground under you. Rock back to boat.

**MODIFY** Keep bend in knees

## 9 BALANCE ARCH PRESS

10 each side | 1 dumbbell

Begin balanced on one leg, holding a dumbbell at your right shoulder. Press the weight up and overhead, creating an arc from shoulder to shoulder. Switch legs after 10.

**MODIFY** Use resistance band

## 10 3 HOP PRESS

10 total sets | 1 dumbbell

Begin in a squat position, holding a dumbbell at chest level. Perform 3 hop squats to the right, then extend both arms in an overhead press while performing an outside knee lift.

**MODIFY** No dumbbell, step not jump, limited depth in squat

## 11 GLAMOUR HAMMER

10 each set, each side | 2 dumbbells

On one leg, with a dumbbell in each hand and palms facing one another, curl both dumbbells up toward your shoulders. Lower both weights, externally rotate both forearms, and repeat the hammer curl toward your shoulders.

**MODIFY** Use resistance band, both feet on floor

## 12 BRANON BOAT

16 reps; 4 each | No equipment

In a boat position, with both torso and legs at a 45-degree angle, begin to lower and lift your legs 4 times, while keeping your torso stationary. Next, keeping your legs stationary, lift and lower your torso 4 times.

**MODIFY** Limit range of motion

### 13 FLYING WARRIOR

4 per side | 2 dumbbells

Standing on one leg, with a dumbbell in each hand, raise both dumbbells in front of your torso at shoulder level. Lower both weights and come into warrior 3, bringing the weights out to the side, until they are parallel to the floor.

**MODIFY** Use resistance band

### 14 SQUAT ROCKERS

20 total | 1 dumbbell

In a deep squat, with the weight at chest level, begin to rock back and forth between high heels and lifted toes. Keep your chest lifted and abs pulled in.

**MODIFY** No dumbbell

### 15 SIDE RISE PUNCH

10 each side | 1 light dumbbell

On your left side, with your right arm on the floor and your left arm holding a dumbbell, cross your arms over your torso. Extend your right arm, lifting your torso off the ground, and reach your left arm out from under and extend to punch parallel to your shoulders.

**MODIFY** No dumbbell

### 16 WARRIOR SQUAT MOON

8 each leg | No equipment

On your right leg, with your left leg extended behind you at hip height, reach your right fingertips to the floor and extend your left arm to the ceiling. Turn your torso toward the floor and reach to the front of the room.

**MODIFY** Focus remains on floor, tap foot between positions



**AGILITY X**



## 1 EXPLODE AND HOLD

1 minute, alternating right and left  
2 strips of tape, 4 feet by 4 feet

Begin at the back of the left tape, jump forward to the middle X on the right tape with your right foot, and then jump to the front X on the left tape with your left foot. Reverse the movement and switch sides.

**MODIFY** Tap foot

## 2 Y LUNGES

1 minute; 10 reps  
2 strips of tape, 4 feet by 4 feet

With your left foot between the tape and your right knee lifted high, lunge forward at a 45-degree angle, turning your hips toward the front X. Reverse the movement and switch sides.

**MODIFY** Limit range of motion

## 3 JOEL JUMP SQUATS

1 minute; 30 seconds each side  
2 strips of tape, 4 feet by 4 feet

At the back of the right tape, bound forward at the diagonal to your left foot, landing on the inside of the tape, and tap your right fingers outside of your left foot. Reverse the movement and tap opposite fingers.

**MODIFY** Tap foot

## 4 TOE TAP SKATER

1 minute; 30 seconds each side  
2 strips of tape, 4 feet by 4 feet

Standing on your left leg, bend your left knee as your right heel extends to tap the front right X. Bend your right knee toward your torso, and extend your leg to tap the middle right X. Repeat the motion, tapping the right back X.

**MODIFY** Tap foot

## 5 NEAR AND FARRS

1 minute, alternating right and left  
2 strips of tape, 4 feet by 4 feet

At the left of the tape, jump inside the tape on your right foot; stay inside while jumping on to your left foot; and then jump on to your right foot, outside of the tape. Reverse with the left.

**MODIFY** Smaller jumps

## 6 RING AROUND THE POSEY

1 minute, alternating right and left  
2 strips of tape, 4 feet by 4 feet

Start on the outside of the tape, and begin to run/skip around the circle. Alternate direction on cue.

**MODIFY** At own pace

## 7 SCISSOR KICK JUMPS

1 minute, alternating right and left  
2 strips of tape, 4 feet by 4 feet

On the left of the tape, fan your right leg up toward your torso, coming over the tape, followed by your left, arcing in the same direction. Repeat over the next line, and then reverse.

**MODIFY** Lower kicks

**8 8 SPRINT 3**

1 minute, change on cue  
2 strips of tape, 4 feet by 4 feet

Starting behind the tape, begin to run in a figure-8 pattern either facing the tape, facing the front of the room, or running either side while grapevining in the middle.

**MODIFY** Slower pace

**9 PLYO V LUNGE**

1 minute, alternating right/left  
2 strips of tape, 4 feet by 4 feet

Standing between the tape, lunge across so your right foot comes to the outside of the left tape. Step, skip, and jump on cue.

**MODIFY** Skip V lunge

**10 HIGH STEP SHUFFLE**

1 minute, change on cue  
2 strips of tape, 4 feet by 4 feet

Start to the right of the lines, and turn so the tape is in front of you. Run with high knees behind and in front of the lines, and grapevine through the middle, on cue.

**MODIFY** Slower pace

**11 GUMP JUMP PUSH-UPS**

1 minute, alternating right/left  
2 strips of tape, 4 feet by 4 feet

In plank, with your arms between the tape and your legs straddling the right line, do a push-up and side arm balance, lifting your left arm, and then jump your legs to straddle the opposite line.

**MODIFY** Walk feet into position

**12 TAP THAT LINE**

1 minute, alternating right and left  
2 strips of tape, 4 feet by 4 feet

To the right of the tape, turn and face the line and begin to tap the line with your toes, while moving around the tape.

**MODIFY** Slower pace

**13 JUMP KNEE JUMP**

1 minute  
2 strips of tape, 4 feet by 4 feet

To the right of the tape and facing it, bend both knees and jump over the tape 2 times, bringing your knees up toward your torso. Sprint backward with high knees and repeat.

**MODIFY** Slower pace

#### **14 TRIANGLE LUNGES**

1 minute; 30 seconds each side  
2 strips of tape, 4 feet by 4 feet

Starting between the tape, lunge forward at a 45-degree angle with your right foot, lunge sideways with your left foot, and lunge backward with your right foot.

**MODIFY** Limit range of motion

#### **15 SQUAT JUMP LUNGE**

1 minute, alternating right and left  
2 strips of tape, 4 feet by 4 feet

Bend both knees, squat down and back, and explode off the ground. Upon landing, cross your right leg over your left and lunge to the outside tape. Squat jump again, and repeat on the opposite side.

**MODIFY** Skip

#### **16 3.4 RUN**

1 minute, change on cue  
2 strips of tape, 4 feet by 4 feet

Begin to sprint to whichever position is cued, and tap the tape with your fingertips before moving to the next X.

**MODIFY** Limit range of motion

#### **17 LONG JUMP SPRINT**

1 minute  
2 strips of tape, 4 feet by 4 feet

To the right of the tape and facing it, squat deeply and jump over both lines, using your arms to propel you forward. Land in a deep squat and sprint back with high knees.

**MODIFY** Slower pace

#### **18 PLYO LINE PUSH-UPS**

1 minute, alternating right/left  
2 strips of tape, 4 feet by 4 feet

In plank position, with your hands on the line, begin to walk the line in plank, or explode up in a lateral plyo push-up, on cue.

**MODIFY** Walking push-ups

## 1 WIDE PULL-UP

Number chosen | Chin-Up Bar/Chin-Up Max (optional) or resistance bands

With both hands wider than your shoulders and palms facing away from you on the Chin-Up Bar, perform a pull-up, bringing your chin to the bar, and keep everything below your shoulders as rigid as possible.

**MODIFY** Use Chin-Up Max or resistance band

## 2 STANDARD PUSH-UP

Number chosen | PowerStands (optional)

Begin in plank position, with your hands slightly wider than your shoulders. Bend both elbows, lowering your chest toward the floor. Next, extend both elbows and come back to the top of the plank.

**MODIFY** Limit range of motion

Repeat 1–2

## 3 CHIN-UP

Number chosen | Chin-Up Bar/Chin-Up Max (optional) or resistance bands

Begin holding on to the Chin-Up Bar, with palms facing you, and perform a chin-up, bringing your chin to the bar, and keeping everything below your shoulders as rigid as possible.

**MODIFY** Use Chin-Up Max or resistance band

## 4 MILITARY PUSH-UP

Number chosen | PowerStands (optional)

Begin in plank position, with your hands directly under your shoulders. Bend both elbows, lowering your chest toward the floor. Next, extend both elbows and come back to the top of the plank.

**MODIFY** Limit range of motion

Repeat 3–4

## 5 CLOSE GRIP PULL-UP

Number chosen | Chin-Up Bar/Chin-Up Max (optional) or resistance bands

Begin holding on to the Chin-Up Bar, with palms facing away from you, 4 to 6 inches apart. Perform a pull-up, bringing your chin to the bar, keeping everything below your shoulders as rigid as possible.

**MODIFY** Use Chin-Up Max or resistance band

## 6 WIDE PUSH-UP

Number chosen | PowerStands (optional)

Begin in plank position, with your hands 3 to 4 inches wider than your shoulders. Bend both elbows, lowering your chest toward the floor. Next, extend both elbows and come back to the top of the plank.

**MODIFY** Limit range of motion

Repeat 5–6

## 7 VAULTER PULL-UP

Number chosen | Chin-Up Bar/Chin-Up Max (optional) or resistance bands

Begin holding on to the Chin-Up Bar, with one palm facing you and one facing away. Perform a pull-up, bringing your chin to the bar, keeping everything below your shoulders as rigid as possible. On the second round, switch grip.

**MODIFY** Use Chin-Up Max or resistance band

## 8 STAGGERED PUSH-UP

Number chosen | PowerStands (optional)

Begin in plank position, with your hands staggered, your right several inches ahead of your left. Bend both elbows, lowering your chest toward the floor. Next, extend both elbows and come back to the top of the plank. On the next round, switch hands.

**MODIFY** Limit range of motion

Repeat 7–8 on the other side



*THE CHALLENGE*



X3 YOGA



### 1 CHILD'S POSE

**MODIFY** Glutes off of heels

On your hands and knees, with your head to the floor and your glutes on your heels, extend your arms long and breathe.

### 2 DOWNWARD DOG TO FORWARD HANG

**MODIFY** Keep bend in knees

Tuck your toes under, put your weight into your hands, and press yourself back into downward dog. After 3 breaths, walk your feet to your hands and roll up to standing.

### 3 SUN SALUTATION – 3 TIMES

**MODIFY** Bend knees, walk into plank

Standing with your feet together, sweep your arms overhead, swan dive forward, put your hands on the floor, and jump back to plank. Bend your elbows and push up into upward dog, then push your hips toward the ceiling into down dog. Bend your knees, jump in between your hands, and reverse the swan dive to standing. Repeat.

### 4 SUN SALUTATION – CRESCENT

**MODIFY** Limit range of motion

From down dog, lift your right leg to the ceiling, bend your right knee, and step in between your hands. On the ball of your back foot, lift your torso with extended arms overhead.

### 5 AIRPLANE OVER LEG OR SHOULDER STRETCH

**MODIFY** Stay in airplane

From crescent, open your arms out to the side, and pitch your torso out over your right leg. Interlace your hands behind your back and lower your head toward the floor.

### 6 SUN SALUTATION

**MODIFY** Bend knees, walk into plank

From chair, sweep your arms overhead, swan dive forward, put your hands on the floor, and jump back to plank. Bend your elbows and push up into upward dog, then push your hips toward the ceiling into down dog.

### 7 WARRIOR 1

**MODIFY** None

From downward dog, lift your right leg to the ceiling, bend your knee, step in between your hands, spiral your left heel down, and lift your torso with your arms extended.

### 8 WARRIOR 2

**MODIFY** None

From warrior 1, lower your arms to shoulder level and turn your torso open to warrior 2.

### 9 REVERSE WARRIOR

**MODIFY** Limit range of motion

From warrior 2, drop your back arm to the leg behind you, extend your front arm overhead, and spiral your torso toward the ceiling.

**10 BOUND SIDE ANGLE POSE**

**MODIFY** Use yoga block

From reverse angle, bring your right arm forward, wrap it under your right thigh, and reach around the back with your left hand to bind it. Spiral your torso to the ceiling.

**11 SUN SALUTATION B**

**MODIFY** None

From chair, sweep your arms overhead, swan dive forward, put your hands on the floor, and jump back to plank. Bend your elbows and push up into upward dog, then push your hips toward the ceiling into down dog.

**12 WARRIOR 3**

**MODIFY** Use yoga block

From down dog, lift your right leg to the ceiling, come into crescent, and then pitch your torso forward and lift your back leg until it's parallel to the floor. Extend your arms out by your ears.

**13 HALF MOON**

**MODIFY** Use yoga block

From warrior 3, place your right fingertips on the ground about 12 inches from your right foot. Turn your left hip out, flex your left foot, and reach your left arm straight up.

**14 TWISTED MOON**

**MODIFY** Use yoga block

From half moon, put your left hand on the ground and extend your right toward the ceiling, twisting your torso to the right. Turn your hips parallel to the floor.

**15 STANDING SPLITS**

**MODIFY** Limit range of motion

From twisted moon, place both hands on the floor and lift your left leg to the ceiling. Option to grab your right ankle.

**16 CRESCENT POSE**

**MODIFY** None

From standing splits, lower your lifted leg back into crescent. Pinwheel your arms to the floor, and go through the vinyasa.

**17 WIDE LEGS: FORWARD FOLD, BIND TOES**

**MODIFY** Keep bend in knees

With wide legs and parallel feet, open your arms out to the side and fold forward, bringing your hands to the floor. Reach out with a flat back and then bind your big toes, folding in deeper. Reverse the fold to stand.

## 18 TRIANGLE

**MODIFY** Use yoga block

From wide legs, turn your right foot out, open your arms out to the side, reach your right hand out past your right foot, lower your hand to your shin, ankle, or the floor, and lift your left arm to the ceiling.

## 19 TWISTED TRIANGLE

**MODIFY** Use yoga block

From triangle, return to standing, turn your left foot in, square your left hip forward, lift your left arm to your left ear, and fold over your right leg, bringing your left hand to the outside of your right foot. Open your right arm to the ceiling and open your torso to the right.

## 20 TREE POSE

**MODIFY** Hands stay in prayer

Standing, lift your left foot up and put the sole of your foot on your inner thigh. Bring your hands to prayer or extend your arms overhead.

## 21 EXTENDED LEG WITH TOE BIND

**MODIFY** Leg stays extended forward

Standing on your left leg, lift the right up, grab your big toe with the first 2 fingers of your right hand, and extend your leg straight in front of you. Bring your leg out to the side, and then back to the center before releasing.

## 22 TED'S CHAIR

**MODIFY** Hands stay in prayer

Standing, lift your right foot up and cross it over your left knee. Bend your left knee deeply, coming into a chair. Option to put your hands on the floor and try to lift and balance.

## 23 CROW

**MODIFY** Alternate lifting feet

With your hands on the floor, walk your feet in, bend both knees, and put them on your triceps. Tilt your weight forward and lift both feet off the ground.

## 24 VINYASA TO FLOOR

**MODIFY** None

From crow, push back into plank and then bend both elbows, lowering down to the ground. Come into upward-facing dog, then to downward-facing dog, and then come on to your hands and knees.

## 25 CHILD'S POSE

**MODIFY** None

On your hands and knees, with your head to the floor and your glutes on your heels, extend your arms long and breathe.

## 26 CAT DOG

**MODIFY** None

On your hands and knees, tuck your pelvis under, curl your chin to your chest, and round your back to the ceiling. Next, lift your chest and tailbone and arch your back toward the floor.

**27 BIRD DOG TO DOG DANCER****MODIFY** Stay in bird dog

From cat dog, with a neutral spine, extend your right arm out at shoulder level and your left leg out at hip level. Hold. From bird dog, reach behind you with your right hand and grab your left foot or ankle. Point your knee toward the floor and lift your thigh up high behind you.

**28 CAMEL****MODIFY** Keep eyes forward

On your knees at the front of your mat, bring your hands to your lower back, press your pelvis forward, reach behind you, grab both ankles, and drop your head back toward the ceiling.

**29 FIGURE 4 SERIES: STANDARD HAM STRETCH, INTENSIFIED HAM STRETCH, SITTING PIGEON, TWIST**

Seated, with your right leg extended and your left folded in, reach forward for your right foot. Next, cross your left ankle over your right thigh, and reach forward. Then, bend your right leg, bringing your right heel to your right glute, and press your chest into your left shin. Lastly, tilt your left foot over until it touches the floor outside of your right thigh and twist into your right knee.

**MODIFY** Limit range of motion**30 PLOW/SHOULDER STAND****MODIFY** Stay in plow

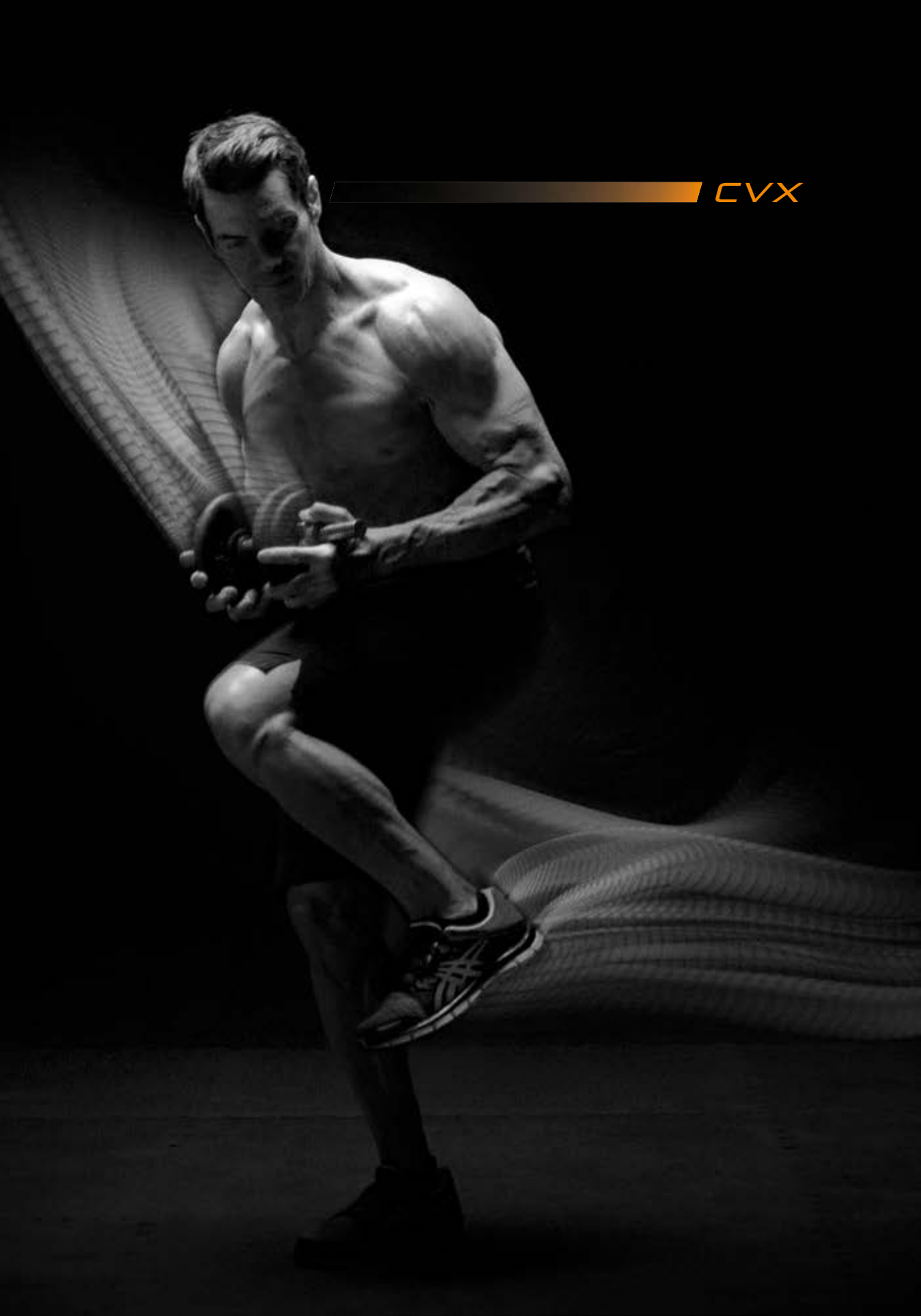
Seated, swing your legs overhead until your toes hit the floor behind you. Next, put your hands on your mid back and lift one leg at a time toward the ceiling into shoulder stand.

**31 FISH****MODIFY** None

From seated, put your elbows on the floor behind you close together, extend both legs straight with toes pointed, lift your chest, arch your back, and drop your head back.

**32 SHAVASANA****MODIFY** None

Lying on your back, open your legs wider than mat width, open your arms with palms up, close your eyes, and breathe.



CVX

**1 PRESS JACKS**1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

Holding a weight at chest level, jump your feet out as you extend the weight overhead. Lower the weight as you jump your feet together, and repeat.

**MODIFY** No weight or regular ball**2 ATLAS TWIST**1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

With your feet wider than hip width, bend both knees into a deep lunge to the right, with the weight toward your right foot. Next, turn your torso and right foot to the left as you extend both legs and press the weight over your left shoulder. Repeat. Switch sides after 30 seconds.

**MODIFY** No weight or regular ball**3 MARCH AND REACH**1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

Extend both arms overhead, and as you lower the weight, kick your legs toward it. Alternate every kick and keep your knees straight. Repeat.

**MODIFY** No weight or regular ball

Repeat 1–3

**4 TRAVELING TIRE TWIST**1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

Lift your knees in a high knee run, moving forward as if through 4 tires, while twisting your torso to bring your opposite elbow toward your knee.

**MODIFY** No weight or regular ball**5 FROG SQUAT REACH**1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

With your feet in a wide externally rotated position and your arms extended toward the floor, bend both knees until your glutes are parallel to the floor. Next, extend both knees, come up on to the balls of both feet, and press the weight overhead. Repeat.

**MODIFY** No weight or regular ball**6 ARC PRESS LUNGE**1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

Start in a lunge, holding the weight next to the hip of your forward leg. Explode off the ground, switching your legs in the air, simultaneously bringing the weight up and over your torso, stopping at your opposite hip.

**MODIFY** No weight or regular ball

Repeat 4–6



## 7 HOP OVERS

1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

With the weight on the floor, stand to one side and jump both feet laterally over the weight, landing in a squat on the opposite side. Continue to alternate direction.

**MODIFY** Step tap

## 8 BALANCE PULL

1 minute • 1st round: same • 2nd round: speed/no tap  
Dumbbell, medicine ball, or regular ball

Shift your weight on to one foot, extend your opposite leg off the floor and to your side, and bring your lifted knee into the weight, in front of your torso. Extend your leg back out without touching the floor. Switch sides after 30 seconds.

**MODIFY** No weight or regular ball

## 9 TWIST AND PIVOT

1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

Holding your weight with both hands in front of your chest, begin to step and pivot your feet one at a time, keeping one foot underneath you and the other extended and slightly behind you.

**MODIFY** No weight or regular ball

Repeat 7–9

## 10 SIDE REACH JUMPS

1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

Step out to the right, bending your right knee and lowering the weight below knee level. Step back in, bend both knees, and jump off the ground, simulating shooting a basketball.

**MODIFY** No weight or regular ball

## 11 CRESCENT CHAIR

1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

Start with your feet and knees together, and bend both knees into chair, holding the weight at chest level. Step back into a straight leg lunge, extending the weight overhead. Reverse and repeat.

**MODIFY** No weight or regular ball

## 12 GLOBE SQUATTERS

1 minute • 1st round: same • 2nd round: speed  
Dumbbell, medicine ball, or regular ball

In a sumo squat, hop off the floor with both feet as you circle the weight up and over your head, arcing to your right hip. Land in the deep sumo squat, and then reverse the arc as you jump off the floor again.

**MODIFY** No weight or regular ball



## THE WARRIOR

### 1 PLANK SPHINX PUSH-UPS

60 seconds | No equipment

Begin in a forearm plank. One arm at a time, walk your hands up into plank, and perform a push-up on cue.

**MODIFY** Limit range of motion

### 2 SPEED SKATER

60 seconds | No equipment

Shift your weight to your left foot, explode off your left laterally, landing on your right, and hop once more to the right, landing with your left foot floating behind and off the ground. Repeat on the other side.

**MODIFY** Smaller jumps

### 3 DOWN DOG CRUNCHES

18 total | No equipment

In downward dog, lower your hips into plank, pull your right knee into your right tricep, then to your torso, and then to your left tricep. Place your foot back on the ground and push back into downward dog. Alternate sides.

**MODIFY** Limit range of motion

#### **4 SIDE LUNGE JUMP SHOT**

60 seconds | No equipment

Step out to the right in a side lunge, reaching toward the floor. Press off your right foot, bring your feet back together, and jump straight up, as if throwing the ball into a basket. Alternate sides.

**MODIFY** Smaller jumps

#### **5 ELEVATOR PUSH-UPS**

60 seconds | No equipment

Start in a high plank and go to the floor as requested. Top floor is the top of the plank; in middle floor or ground floor, your chest is even with your elbows; and in basement or bottom floor, your chest is inches from the floor.

**MODIFY** Limit range of motion

#### **6 DOUBLE UPPER CUT, SPRAWLS**

60 seconds | No equipment

In fighter stance, with your left foot forward and your fists framing your face, perform an uppercut with your lead hand, an uppercut with your back hand, and then jump back into a sprawl. Jump your feet between your hands, stand up, and repeat. Change lead after 30 seconds.

**MODIFY** Walk back to sprawl

#### **7 ROLLER BOAT**

60 seconds | No equipment

Begin seated on your tailbone, holding bent knees. Rock back on to your shoulder blades, roll back to your tailbone, extend your legs in front of you, and reach your hands for your feet.

**MODIFY** Bend knees in boat

#### **8 ONE LEG JUMP SQUATS**

60 seconds | No equipment

In a staggered stance, with 90% of your weight on your front foot, reach both hands to the floor, bending your knees, and then explode off the floor into a small jump. Switch sides after 30 seconds.

**MODIFY** Place more weight on supporting foot, limit jump height

#### **9 THUMBS-UP PUSH-UP**

60 seconds | No equipment

In plank position, bend both elbows, lowering your chest toward the floor. Extend both elbows, returning back to the top of the plank, and then lift your right arm and left leg off the ground. Alternate sides.

**MODIFY** Keep foot on floor

#### **10 ELBOW, OVER THE TOP ELBOW, SPRAWL**

60 seconds | No equipment

Start in fighter stance, with your right foot forward and your fists framing your face. Swing your right elbow across at chest level, your left elbow over, and then jump back into a sprawl. Jump back to standing. Repeat. Change lead after 30 seconds.

**MODIFY** Walk back to sprawl

## 11 FIFER SCISSOR TWIST

60 seconds | No equipment

Lying on your back, extend your right leg up toward the ceiling with your left leg floating above the ground. Bring your left hand to the outside of your right foot, and keep your other arm extended to the side. Switch legs and arms.

**MODIFY** Reach inside of foot

## 12 WARRIOR SQUAT LUNGES

15 each side | No equipment

In a squat, with your right hand to the outside of your right foot, explode back into a lunge, right foot back, and extend your right hand toward the sky. Jump back to the squat and repeat.

**MODIFY** Limit range of motion

## 13 SUPER BURPEE

60 seconds | No equipment

In a sumo squat, jump back into plank, and then do a push-up and side arm balance on each side. Jump your feet back into the deep squat and jump off the ground in a tuck jump.

**MODIFY** No jump

## 14 THINK DRILLS

60 seconds | No equipment

Begin standing, with your feet wide and your hands up as if you're blocking an oncoming person. Begin to move with fast feet and follow cues for arms up, arms out, move right, move left, and rabbit.

**MODIFY** None

## 15 ABRINOME

8 reps | No equipment

Lying on the ground, with your arms at a 45-degree angle from your sides, allow your legs to fall to one side, equidistant between your hand and the ceiling. Hold for a beat, and then move to the opposite side.

**MODIFY** Keep bend in knees

## 16 SPIDERMAN SQUATS

10 quarter reps/10 half reps/10 full reps  
No equipment

In a deep squat, begin to jump, turning either  $\frac{1}{4}$ ,  $\frac{1}{2}$ , or all the way around in a circle, landing in another deep squat. Reverse direction and jump again.

**MODIFY** Stay with  $\frac{1}{4}$  turns



## *ISOMETRIX*

### **ALL MOVES 45 SECONDS**

#### **1 PLANK, LEFT ARM REACH**

**MODIFY** Limit height of arm

In plank position, extend your left arm straight out in front of your shoulder, parallel to the ground. Hold.

#### **2 STANDING LEFT LEG EXTENSION**

**MODIFY** Keep slight bend in knee

Standing with your feet in a parallel position, extend your left leg straight in front of you, engage your abs, and hold.

## ALL MOVES 45 SECONDS

**3 PLANK, RIGHT ARM REACH**

MODIFY Limit height of arm

In plank position, extend your right arm straight out in front of your shoulder, parallel to the ground. Hold.

**4 STANDING RIGHT LEG EXTENSION**

MODIFY Keep slight bend in knee

Standing with your feet in a parallel position, extend your right leg straight in front of you, engage your abs, and hold.

**5 PLANK RIGHT ARM, LEFT LEG LIFT**

MODIFY Limit height of arm and leg

In plank position, extend your right arm straight out in front of your shoulder, and your left leg up, so that both your arm and leg are parallel to the floor. Hold.

**6 CHAIR WITH LEFT LEG EXTENDED FORWARD**

MODIFY Hands to prayer

With your feet and knees together, bend your knees deeply and extend your left leg straight out in front of you. Hold.

**7 PLANK LEFT ARM, RIGHT LEG LIFT**

MODIFY Limit height of arm and leg

In plank position, extend your left arm straight out in front of your shoulder, and your right leg up, so that both your arm and leg are parallel to the floor. Hold.

**8 CHAIR WITH RIGHT LEG EXTENDED FORWARD**

MODIFY Hands to prayer

Begin with your feet and knees together, knees bent up to a 90-degree level in a chair pose. Extend your right leg straight out in front of you. Hold.

**9 FOREARM SIDE BALANCE, RIGHT**

MODIFY Do not stack feet

On your right side, keep your body in a single line, and push your hip off the floor toward the ceiling. Hold.

**10 ROYAL DANCER, RIGHT**

MODIFY Limit height of leg

Standing on your right leg, bend your left knee and grab your left foot behind you with your left hand. Kick into your hand as you pull your thigh away from you, creating a bow behind you. Reach your right hand forward as a counterbalance. Hold.

**11 FOREARM SIDE BALANCE, LEFT**

MODIFY Do not stack feet

On your left side, keep your body in a single line, and push your hip off the floor toward the ceiling. Hold.



**12 ROYAL DANCER, LEFT****MODIFY** Limit height of leg

Standing on your left leg, bend your right knee and grab your right foot behind you with your right hand. Kick into your hand as you pull your thigh away from you, creating a bow behind you. Reach your left hand forward as a counterbalance. Hold.

**13 ONE ARM SPHINX, RIGHT****MODIFY** Limit height of arm

In a forearm plank, turn your right forearm toward your left elbow and extend your left arm straight out in front of you, parallel to the ground. Hold.

**14 TREE POSE, RIGHT****MODIFY** Place heel lower

Standing on your right leg, pick up your left ankle with your left hand, and place the sole of your foot as high as you can on your inner thigh. Hold.

**15 ONE ARM SPHINX, LEFT****MODIFY** Limit height of arm

In a forearm plank, turn your left forearm toward your right elbow and extend your right arm straight out in front of you, parallel to the ground. Hold.

**16 TREE POSE, LEFT****MODIFY** Place heel lower

Standing on your left leg, pick up your right ankle with your right hand, and place the sole of your foot as high as you can on your inner thigh. Hold.

**17 SIDE ARM BALANCE, RIGHT, LEFT LEG LIFT****MODIFY** Limit height of leg

On your right side, keep your body in a single line, push your hip off the floor toward the ceiling, and lift your left leg up high, keeping your toes pointed down. Hold.

**18 WARRIOR 3, RIGHT****MODIFY** Airplane or arms out to sides

On your right leg, extend your left leg behind you and pitch your torso forward, until they are both parallel to the floor. Extend your arms up by your ears. Hold.

**19 SIDE ARM BALANCE, LEFT, RIGHT LEG LIFT****MODIFY** Limit height of leg

On your left side, keep your body in a single line, push your hip off the floor toward the ceiling, and lift your right leg up high, keeping your toes pointed down. Hold.

**20 WARRIOR 3, LEFT****MODIFY** Airplane or arms out to sides

On your left leg, extend your right leg behind you and pitch your torso forward, until they are both parallel to the floor. Extend your arms up by your ears. Hold.

**21 BOUND DOG, RIGHT HAND LEFT ANKLE****MODIFY** Hand to calf

Start in a downward dog, with your body resembling an upside-down V. Lift your right hand and grab the front of your left ankle. Hold.



## ALL MOVES 45 SECONDS

**22 INNER BALANCE, RIGHT**

MODIFY Keep left foot low

Standing on your right leg, lift your left foot off the ground, close both eyes, and balance. Hold.

**23 BOUND DOG, LEFT HAND RIGHT ANKLE**

MODIFY Hand to calf

Start in a downward dog, with your body resembling an upside-down V. Lift your left hand and grab the front of your right ankle. Hold.

**24 INNER BALANCE, LEFT**

MODIFY Keep left foot low

Standing on your left leg, lift your right foot off the ground, close both eyes, and balance. Hold.

**25 BOUND DOG LEG LIFT, RIGHT**

MODIFY Hand to calf, limit leg height

Start in a downward dog, with your body resembling an upside-down V. Lift your right hand, grab the front of your left ankle, and then lift your right leg off the floor behind you. Hold.

**26 MOON DOG, RIGHT**

MODIFY Arms narrow

With wide legs, your right foot turned out and your left foot parallel, shift on to your right foot, extending your left leg off the floor behind you, until your leg and torso are parallel to the floor. Reach your arms out toward your ears. Hold.

**27 BOUND DOG LEG LIFT, LEFT**

MODIFY Hand to calf, limit leg height

Start in a downward dog, with your body resembling an upside-down V. Lift your left hand, grab the front of your right ankle, and then lift your left leg off the floor behind you. Hold.

**28 MOON DOG, LEFT**

MODIFY Arms narrow

With wide legs, your left foot turned out and your right foot parallel, shift on to your left foot, extending your right leg off the floor behind you, until your leg and torso are parallel to the floor. Reach your arms out toward your ears. Hold.

**DYNAMIX**



**ON SIDE, ALL RIGHT THEN ALL LEFT:**

**1 LEG LIFT 30 SECONDS**

Lie on your left side. Begin to lift your right leg straight up, while maintaining internal rotation on your right hip and foot.

**2 ADDUCTOR LIFT 30 SECONDS**

On your left side, cross your right foot behind your left leg and begin to lift your left straight leg up toward the ceiling.

**3 HORSE STEP 30 SECONDS**

On your left side, pull your right bent knee up toward your torso, extend your leg out in front of you, and then sweep it back until your ankles are touching.

**4 FOREARM PLANK 30 SECONDS**

With your right elbow under your right shoulder, keep your body in a straight line as you push your hips off the floor in a side plank balance.

**ON STOMACH, RIGHT SIDE THEN LEFT:**

**5 GLUTE LIFT 30 SECONDS**

Lying face down, flex your right foot and lift it straight up behind you, keeping your right hip down.

**6 SCORPION 30 SECONDS**

Lying face down, lift your right bent leg up behind you and twist to touch your right toes over your back to your left hand.

**7 SHOULDER STRETCH 30 SECONDS**

On your knees with your forehead on the floor, interlace your hands behind your back and lift them toward the ceiling.

**8 HAM/HIP ROCKER 30 SECONDS**

Coming up on one knee, place your hands on your waist as you drop your pelvis toward the floor. Next, extend your front leg out in front of you, bringing your hands on either side of your leg.

**9 GROINERS (KNEE TRACKING OUT) 30 SECONDS**

Bring your hands to the floor inside of your right foot, extend your back leg straight behind you, and alternate stepping your right foot back into plank, and stepping back to the lunge.

**10 PIGEON 30 SECONDS**

In plank, draw your right knee forward so that your shin is parallel to the front of the mat. Then, step in back into plank.

**11 LUNGE PUSH-UPS** 30 SECONDS

Bring your hands to the floor inside of the right foot, extend your back leg straight behind you, and bend both elbows, lowering your chest toward the floor.

**STANDING:****12 POLKA STRETCH** 30 SECONDS

Standing, flex your right foot and put your right straight leg out on the floor in front of you, bringing your hands above your knee and leaning forward. Continue to alternate and repeat.

**13 HIP CIRCLES (ALTERNATING OUT AND IN)** 30 SECONDS

Standing, lift your right bent knee and circle it out to the right, and then reverse the motion back in. Repeat on the other side.

**14 POLKA PLUS** 30 SECONDS

Standing, flex your right foot and put your right straight leg out on the floor in front of you, reaching your left hand to touch your right pinky toe. Next, step your right leg back into a lunge with your arms in runner's stance. Repeat on the other side.

**15 DOUBLE KNEE PULLS** 30 SECONDS

Standing, grab your right bent knee on your shin and pull it up twice toward the ceiling. Alternate and repeat.

**16 FRONT TO BACK LUNGES** 30 SECONDS

Step forward into a lunge with your right foot forward and both knees bent to 90 degrees. Next, step your right foot behind you in a lunge at the same depth. After 30 seconds, switch legs and repeat.

**17 DOUBLE QUAD STRETCH** 30 SECONDS

Bend your right knee, bringing your right foot toward your right glute. Grab your right foot or ankle, and pull on your foot twice.

**18 GLIDE LUNGE** 30 SECONDS

With parallel feet wider than your hips, bend both knees and shift your weight from side to side, keeping your head level.

**19 TIN MAN ZOMBIE** 30 SECONDS

With your arms extended straight out at shoulder level, alternate kicking straight legs out so that your toes tap your hands.

**SUPINE:****20 GLUTE ROCKER** 30 SECONDS

Lying on your back, cross your right foot over your left knee and bend your left up toward your chest. Lower your left heel to tap the floor, and then rock it back up to your chest. Repeat on the other side.

**21 DOUBLE KNEE PULL** 30 SECONDS

On your back, grab your right bent knee on the shin and pull it up twice toward your chest. Alternate and repeat.

**22 DOUBLE PIGEON PULL** 30 SECONDS

On your back, pull the calf of your right leg toward you two times, keeping your ankle even with your knee. Alternate and repeat.

**23 SPINAL TWIST** 30 SECONDS

On your back, bring your right knee up toward your chest and cross it over your body to tap the floor. Alternate and repeat.

**24 FIFER SCISSOR STRETCH** 30 SECONDS

On your back, with your right leg straight up to the ceiling and your left hovering off the ground, pull on your right calf twice. Switch legs and repeat.

**25 MARCHING BRIDGE** 30 SECONDS

On your back, with your knees bent and your feet near your glutes, push your hips up toward the ceiling and begin marching your feet with your toes lifted off the ground.

**26 FARRTHING STRETCH** 30 SECONDS

On your back, with your head and shoulders lifted, bend your right knee into your chest and extend your left to hover over the ground. Extend your right knee and lower your leg as your left knee bends to your chest. Repeat.

**27 SIDE BANANA, RIGHT** 30 SECONDS

On your right side, with your feet stacked and your arms extended past your ears, lift your upper and lower body so that only your hip remains on the ground.

**28 SUPERMAN** 30 SECONDS

On your stomach, with your arms extended and your palms stacked, lift your upper and lower body up so that your pelvis is the only thing remaining on the ground.

**29 SIDE BANANA, LEFT** 30 SECONDS

On your left side, with your feet stacked and your arms extended past your ears, lift your upper and lower body so that only your hip remains on the ground.



## 1 SPEED SALUTATION

3 reps

Standing with your feet together, sweep your arms overhead, swan dive forward, put your hands on the floor, and jump back to a perfect plank. Bend your elbows and push up into upward dog, then push your hips toward the ceiling into down dog. Bend your knees, jump in between your hands, and reverse the swan dive to standing. Repeat.

**MODIFY** Bend knees, step both jumps

## 2 TWIST AND PIVOT

1 minute

With your hands facing one another and high elbows, begin to step and pivot your feet as you twist your torso.

**MODIFY** Stay at slower pace

## 3 FOOT PURSUIT

1 minute

With high knees, run in place.


**MODIFY** Stay at slower pace

## 4 GET UP/GET DOWN

1 minute

Begin standing. Bend forward, place your hands on the floor, and step back into plank. Reverse the motion and return to standing. Repeat.

**MODIFY** Stay at slower pace



**5 X JACKS**

1 minute

Begin jumping your feet in and out, and bring your arms up to either a wide V or punching straight overhead.

**MODIFY** Stay at slower pace

**6 BALANCE BURPEES**

1 minute

In a wide sumo squat, place your hands on the floor, jump back to plank, perform a push-up, and then lift one arm into a side arm balance. Put your hand back on the floor into plank, and jump your feet back into a sumo squat.

**MODIFY** Stay at slower pace

**7 SLALOM HOPS**

1 minute

With two small rolled towels, begin jumping laterally inside and outside of them.

**MODIFY** Stay at slower pace, tap other foot

**8 MOUNTAIN CLIMBERS**

1 minute

In plank, pull one knee at a time up toward your chest.

**MODIFY** Stay at slower pace

**9 SPIN STOPS**

1 minute

Begin in a deep squat and alternate, turning 45 degrees, between a low and high jump.

**MODIFY** Stay at slower pace

**10 PLANK WALKERS**

1 minute

In plank position, follow cues to crawl forward, backward, and to the left and right.

**MODIFY** Stay at slower pace

**11 JOEL JUMPS**

1 minute

On your right leg, jump forward to your left, keep your right foot lifted, and reach your right hand down to touch the outside of your left foot. Next, jump straight back on your right foot, keep your left foot elevated, and touch your left hand to the outside of your right foot. Repeat for 30 seconds then alternate sides.

**MODIFY** Stay at slower pace

**12 PLANK CIRCLES**

1 minute

In plank, begin to crawl clockwise, or counterclockwise, keeping your hips level with your shoulders.

**MODIFY** Stay at slower pace

### **13 ROADRUNNER**

1 minute

In a deep lunge, start to alternate your feet, never allowing your head to come above an imaginary 3-foot ceiling. Repeat.

**MODIFY** Stay at slower pace

### **14 DOUBLE TROUBLE CLIMBERS**

1 minute

In plank, pull one knee at a time up toward your opposite triceps. In forearm plank, pull your knee up toward the same triceps.

**MODIFY** Stay at slower pace

### **15 DIAMOND HOPS**

1 minute

Place a small towel on the floor and begin to hop clockwise or counterclockwise around it in a diamond shape.

**MODIFY** Stay at slower pace

### **16 SWIMMER'S PLANKS**

1 minute

In plank, alternate lifting your opposite arm and leg, as your arm performs a backstroke motion or a crawl.

**MODIFY** Do not lift leg

### **17 SPEED SKATER**

1 minute

On your right leg, jump to your left foot, allowing your right leg to cross behind you. Alternate between single and double hops on cue.

**MODIFY** Stay with singles

### **18 PLANK/SPHINX COMBO**

1 minute

Start out in plank, and lower down into forearm plank one arm at a time. Alternate between plank and sphinx, with additional leg lifts, on cue.

**MODIFY** Stay with slower pace

### **19 3 SQUAT HOPS**

1 minute

Begin in a parallel squat and hop 3 times in either direction. Alternate between a shuffle and high jump on cue.

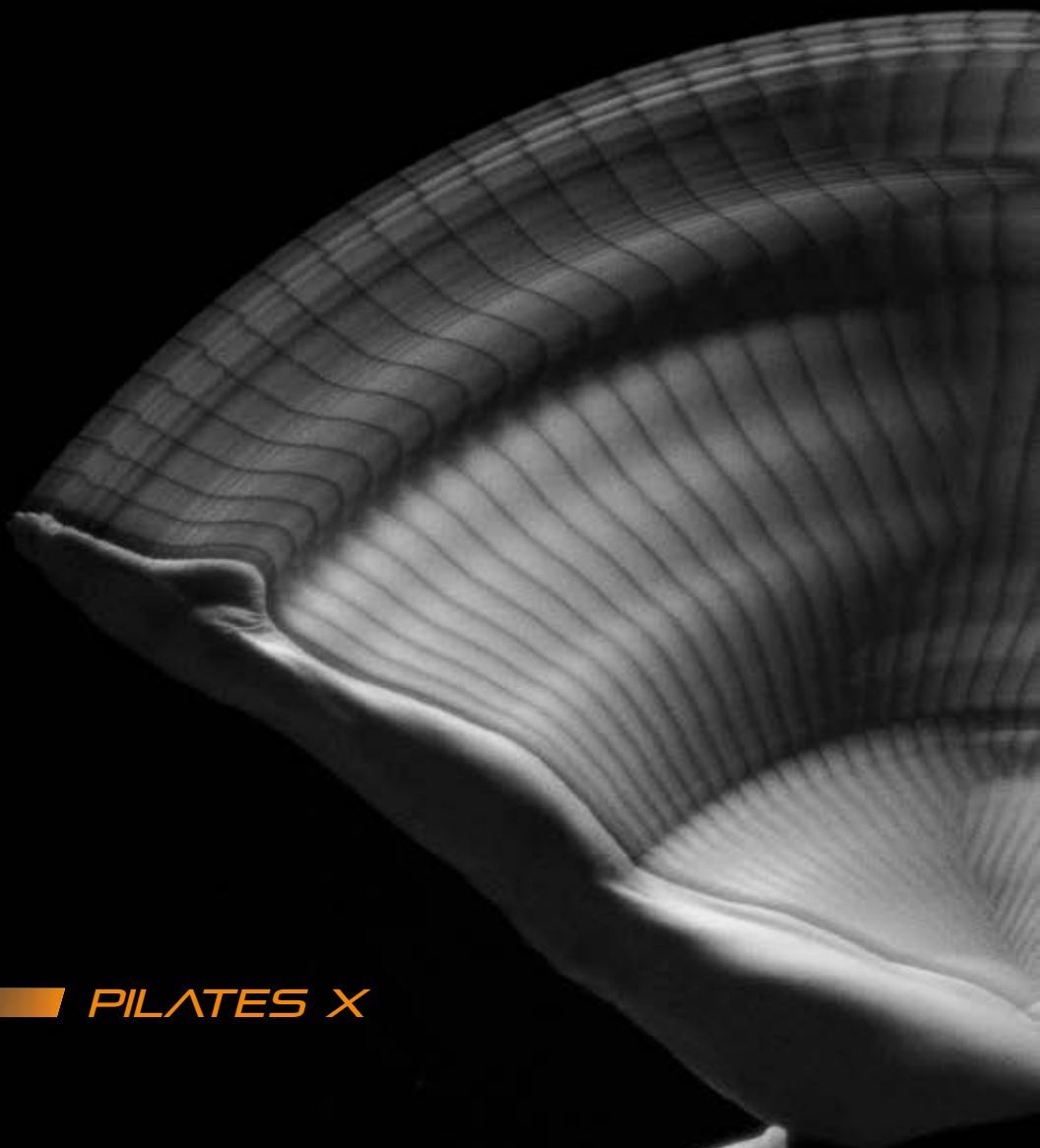
**MODIFY** Stay with shuffles

### **20 DONKEY KICKS**

1 minute

Start with your hands on the floor, and your feet and knees tucked in close. Kick both feet off the ground up and behind you in a V, and then lower your right foot to the floor as your left crosses in front of it and your right hand comes off the ground. Switch sides.

**MODIFY** Lower kicks



*PILATES X*



**1 HUNDREDS**

100 breaths; 5 inhales, 5 exhales

On your back, hugging your knees into your chest, curl your chin into your chest and extend your legs out to a 45-degree angle. With extended arms a couple of inches from your hips, pump your hands toward the floor, while sharply inhaling 5 times, and exhaling 5 times.

**MODIFY** Knees bent, head down

**2 SINGLE LEG STRETCH**

20 total

On your back, with your knees pulled up to your chest, curl your chin into your chest, and reach your right hand to your left knee, and your left hand to your left ankle. Extend your right leg out at a 45-degree angle and pull your left knee twice with 2 exhales. Switch legs, and repeat on your opposite side.

**MODIFY** Extended leg points to 90 degrees, both hands to top of bent knee

**3 DOUBLE LEG STRETCH**

20 total

On your back, with your knees and chin into your chest, extend your right leg up toward the ceiling, as your left leg hovers above the floor. Grab your right ankle with both hands and pull on it twice with two big exhales. Alternate and repeat.

**MODIFY** Bent knees, grabbing calf

**4 PETER'S BRIDGE**

10 total

Start on your back, with your head on the floor and your legs extended straight up toward the ceiling. Begin to lower your legs toward the floor, while keeping your lower back compressed into the ground, and exhaling. Lift legs and repeat.

**MODIFY** Limit lowering of legs

**5 TEASER**

10 total

On your back, with your knees and chin curled into your chest, extend your arms and legs out at 45 degrees. Circle your arms around to lift you into boat, balancing on your tailbone. Lower back into a ball and repeat.

**MODIFY** Bent knee, stay on back

**6 V ROCKER**

10 reps total

In a plow position, grab both ankles and rock forward, balancing on your tailbone. Rock back and repeat.

**MODIFY** Grab behind knees

**7 BRIDGE LIFTS**

10 each leg

On your back with your knees bent, press your hips straight up toward the ceiling, and extend your right leg up. Lower your straight right leg down below knee level, then back up to 90 degrees, lifting your pelvis up. Repeat.

**MODIFY** Lifted leg at 45 degrees



### 8 SCISSOR BALL

10 reps

Seated on your tailbone, hold the outside of your ankles and rock on to your shoulders. Next, rock forward, balance on your tailbone, and extend your right leg high as the left hovers off the floor. Curl back into a ball, rock back, and repeat, extending your legs in the opposite direction.

**MODIFY** Legs lower, arms to floor

### 9 BICYCLE

20 total

Start seated on the floor, with your knees bent and your hands behind your head with wide elbows. Keep your right knee bent, as you extend your left leg straight out at a 45-degree angle, and twist your torso, bringing your right elbow to your left knee. Switch legs, and twist your torso in the opposite direction.

**MODIFY** Elbow to inside of knee

### 10 HIP CIRCLES

4 each direction, each side

Lying on your back with bent knees, extend one leg straight up toward the ceiling. Keeping your pelvis as stable as possible, circle your leg out, around, and up through the middle. After circling 5 times, switch direction and circle the other way.

**MODIFY** Extended leg bent

### 11 FLOATING COBRA

Hold 3 seconds, 6 total

On your stomach, engage your abs, squeeze your glutes, and lift your head, chest, and shoulders off the ground without using your hands. After a 3-second hold, lower one ear to the floor. Repeat.

**MODIFY** Limit range of motion

### 12 THE SWIMMER/THE FLUTTER/THE BAD ATTITUDE

15 seconds each section

On your stomach, with your arms extended straight out in front of you on the floor, begin to kick and alternate your arms and legs, tapping your toes and fingers on the ground. After 15 seconds, sweep your arms behind you, try to tap your hands together over your glutes, and begin to crisscross your legs behind you. Next, bend both knees, bring your heels together over your glutes, and place your hands under your forehead. Push your heels up to the ceiling 15 times.

**MODIFY** Limit height of torso

### 13 SAW

5 each side

Lying on your back, with your legs wider than mat width on the floor, curl your spine off the ground and reach forward with your right arm, bringing your hand to the outside of your left foot. Then, sit up with a straight spine, bring your arms in front of you, and slowly lower your spine to the floor.

**MODIFY** Reach to toes, not past

### 14 ALPHABET SOUP

Spell 26 letters

Lying on your back, with your hands under your glutes and your lower back compressed into the floor, lower your legs to 45 degrees and begin to spell the alphabet in the air.

**MODIFY** Legs above 45 degrees from ground

**15 SCISSOR SIDE PLANK**

10 reps each side

On your left side, with your body in a straight line, press up on to your left forearm and extend your right arm toward the ceiling. Lift your right leg and kick it toward the front of the room with a flexed foot and double pulse. Next, sweep your leg behind you with a pointed foot, and a single pulse.

**MODIFY** Keep hips and kick low

**16 SPHINX FLAG**

10 reps each side

In a forearm plank, lift your right foot behind you and, with a flexed foot, pulse it two times. Next, carry it out to the side and, with a pointed foot, tap the floor twice. Repeat.

**MODIFY** Limit range of motion

**17 CLAM KILLER**

10 reps each side

In a side arm plank, with your opposite arm extended, slide your top foot up to your knee, externally rotate it, bring it back to parallel, and then slide it back to your ankle. Next, kick your leg up to the ceiling, lower it back down, and repeat.

**MODIFY** On forearm, lower kick

**18 T'S T**

10 reps each side

In a side arm plank, lift your top foot up to the ceiling, and then tap it on the floor in front of you. Bring it back up, and tap it on the floor behind you.

**MODIFY** Hip on floor

**19 SCISSOR ROLLER**

10 reps each side

On your back, with your legs and arms extended, curl your torso off the ground and reach your hands past your toes. Next, lift your torso and your right straight leg simultaneously and then release both down to the starting position.

**MODIFY** Reach toward toes, not past

**20 THE PRETZEL**

5 reps each side

Seated, with your right foot crossed over your left and your weight on your left hand, lift your right leg up and around until it bends behind you. Pulse for 5, and then return to the crossed position. On the last rep, pulse for 10 to the back, side, and front.

**MODIFY** Low leg

*INCINERATOR*



## 1 RENEGADE ROW

10 reps | Dumbbells

In plank position, with a dumbbell under each hand, row one arm at a time up to torso level.

**MODIFY** Use resistance band

## 2 PULL-UPS

Max reps in 30 seconds  
Chin-Up Bar/Chin-Up Max (optional)  
or resistance bands

With your palms facing away from you on the Chin-Up Bar, perform a pull-up, bringing your chin to the bar and keeping everything below your shoulders as rigid as possible.

**MODIFY** Use Chin-Up Max or resistance band

## 3 FLOOR FLYS

10 reps | Dumbbells

On your back on the floor, with a dumbbell in each hand, extend your arms straight toward the ceiling, with your palms facing each other. With a slight bend in your arms, open them out to the sides until your triceps hit the ground.

**MODIFY** Use resistance band

## 4 PUSH-UPS

Max reps in 30 seconds | PowerStands (optional)

Begin in plank position, with your hands slightly wider than your shoulders. Bend both elbows, lowering your chest toward the floor. Next, extend both elbows and come back to the top of the plank.

**MODIFY** Limit range of motion

## 5 ROCKET LAUNCHER ROW

10 reps | Dumbbells

In a wide lunge, with your torso pitched forward and your arms extended toward the ground, row both weights up, keeping your elbows close to your torso. Extend your elbows and repeat.

**MODIFY** Use resistance band

## 6 CHIN-UPS

Max reps in 30 seconds | Chin-Up Bar/Chin-Up  
Max (optional) or resistance bands

With your hands at shoulder width and your palms facing toward you, perform a chin-up, bringing your chin to the bar. Repeat.

**MODIFY** Use Chin-Up Max or resistance band

## 7 "A" PRESS

10 reps | Dumbbells

On your back on the floor, with a dumbbell in each hand, extend your arms straight toward the ceiling with your palms facing each other. Bend your elbows and bring them to either side of your torso.

**MODIFY** Use resistance band

## 8 MILITARY PUSH-UPS

Max reps in 30 seconds  
PowerStands (optional)

Begin in plank position, with your hands directly under your shoulders. Bend your elbows close to your body, lowering your chest toward the floor. Once your chest comes lower than your elbows, extend both elbows and return to the top of the plank.

**MODIFY** Limit range of motion

## 9 MONKEY PUMP

8 reps | Dumbbells

Holding light dumbbells at shoulder level, extend both overhead, and then bend back to 90 degrees. Close your arms together, and reopen. Lower your forearm parallel to the ground, then lift to perpendicular.

**MODIFY** Use resistance band

## 10 PIKE PRESS

Max reps in 30 seconds  
PowerStands (optional)

In a downward dog, with your heels lifted, bend both elbows, lowering the crown of your head toward the floor. Extend your elbows and repeat.

**MODIFY** Limit range of motion

## 11 PTERODACTYL FLYS

10 reps | Dumbbells

In a wide lunge, with your torso pitched forward and your arms extended toward the ground, lift both weights up to the sides, keeping your palms facing down. Lower the weights and repeat.

**MODIFY** Use resistance band

## 12 FLIPPER

Max reps in 30 seconds

In a forearm plank, walk your feet a few inches forward and pitch your hips high up into the air. Next, lower your hips back into plank and repeat.

**MODIFY** Limit range of motion

## 13 POPEYE HAMMER CURLS

10 reps | Dumbbells

In a staggered stance, with your palms facing one another, alternate curling the weights up to shoulder level.

**MODIFY** Use resistance band

## 14 KNEELER CURLS

Max reps in 30 seconds | Dumbbells

On one knee, pitch your torso forward and extend your arms toward the floor with your palms up. Curl both weights up to your shoulders and then return them to the floor. Repeat.

**MODIFY** Use resistance band

## 15 HAIL TO THE CHIEF

10 reps | Dumbbells

On your back on the floor, with a dumbbell in each hand, extend your arms straight toward the ceiling with your palms facing each other. Bend one elbow at a time, bringing the weight to the opposite shoulder.

**MODIFY** Use resistance bands

## 16 SKYFERS

Max reps in 30 seconds  
PowerStands (optional)

On the floor, with your knees bent and your hands on the floor behind you, lift your hips off the floor and bend both elbows while keeping your hips high.

**MODIFY** Limit range of motion

## 17 ARM AND HAMMER

10 reps | Dumbbells

In a staggered stance, with your arms externally rotated, curl both weights up to your shoulders. Extend your arms and repeat.

**MODIFY** Use resistance bands

## 18 ROCKET LAUNCHER KICKBACKS

Max reps in 30 seconds | Dumbbells

In a wide lunge, with your torso pitched forward and your elbows behind, extend both arms above your torso with your palms facing one another.

**MODIFY** Use resistance bands



*TRIOMETRICS*



**1 CALF RAISE SQUATS**

1 minute | No equipment

In a parallel squat, reach toward the floor. Extend your knees and reach your arms overhead, as you come up on to your toes. Repeat. **MODIFY: Stay at level 2**

**LEVEL 1**

Reach

**LEVEL 2**

Touch

**LEVEL 3**

Fists

**2 THE DUPE SKATER**

1 minute | No equipment

On the right, bend your leg into a deep squat and extend your left arm forward and your left leg back. Keeping your left foot lifted, extend your right as you kick your left out in front of you. Repeat on other leg. **MODIFY: Stay at level 2**

**LEVEL 1**

Reach

**LEVEL 2**

Reach, kick

**LEVEL 3**

Tap floor, kick

**3 FROG JUMPS**

1 minute | No equipment

With your feet wide and your toes out, bend your knees, lowering your glutes, and tap your fingertips to the ground between your legs. Next, straighten your legs and do a little jump, bringing your hands to prayer in front of your chest. **MODIFY: Stay at level 2**

**LEVEL 1**

Fingertips to prayer

**LEVEL 2**

Fists to floor, fists to sky

**LEVEL 3**

Palms to floor, tuck jump

**4 WARRIOR 3 SQUATS**

1 minute | No equipment

Begin on your right leg, with your left leg extended behind you and parallel to the ground, and your arms along your sides. Bend your right knee deeply, and then extend it, keeping your torso parallel to the ground. Repeat on the other side. **MODIFY: Stay at level 2**

**LEVEL 1**

Arms to sides

**LEVEL 2**

Airplane

**LEVEL 3**

Reach forward

**5 SPEED SKATER**

1 minute | No equipment

Start on your left leg, with your right leg bent and floating behind you. Bend your left, and jump laterally to the right, landing on your right leg and allowing your left leg to bend behind you. **MODIFY: Stay at level 2**

**LEVEL 1**

Single

**LEVEL 2**

Double

**LEVEL 3**

Triple

## 6 SUPERMAN LUNGE

1 minute | No equipment

In a parallel squat, pitch your torso toward your thighs and begin alternating your legs back into a long lunge. **MODIFY: Stay at level 2**

### LEVEL 1

Step

### LEVEL 2

Skip

### LEVEL 3

Jump

## 7 SUMO KICK

1 minute | No equipment

In a wide stance, bend both knees, lowering your glutes down, and tap your fingers to the ground. Then extend your knees, lift your right leg, and do a snap kick to the right. Alternate sides. **MODIFY: Stay at level 2**

### LEVEL 1

Fingers

### LEVEL 2

Fists

### LEVEL 3

Palms

## 8 RUN STANCE SQUATS

1 minute | No equipment

Begin in a staggered stance. Alternate feet, with a slight rotation, tapping the floor as if you were about to take off in a race. **MODIFY: Stay at level 2**

### LEVEL 1

Step

### LEVEL 2

Touch floor

### LEVEL 3

Pogo

## 9 ISO SQUAT

1 minute | No equipment

Begin on your right leg, with your left foot floating behind. Bend your right knee, and reach your left hand toward your right foot. Extend your knee and lift your left hand toward the ceiling. Repeat on the other side. **MODIFY: Stay at level 2**

### LEVEL 1

Foot behind

### LEVEL 2

Foot next to

### LEVEL 3

Foot front

## 10 SLATER SQUAT

1 minute | No equipment

Prone on the floor, with your hands directly under your shoulders, push into plank, step both feet forward, and come up into a low squat, as if balancing on a surfboard. Do not extend your knees. Step back into plank and repeat. **MODIFY: Stay at level 2**

### LEVEL 1

Step on board

### LEVEL 2

Jump up

### LEVEL 3

Jump up and add tuck jump

## 11 DUPER 2

1 minute | No equipment

Begin on your left leg with your right leg extended directly out to the side. Bend your standing leg, keeping your lifted leg high and straight, and then extend your knee as your right knee comes into your torso. Repeat on the other side. **MODIFY: Stay at level 2**

### LEVEL 1

Leg out to knee up

### LEVEL 2

Leg out to knee up and tap floor

### LEVEL 3

Leg remains out and tap floor

**12 JACK SQUATS**

1 minute | No equipment

In a wide externally rotated position, with your knees bent, jump your feet together and bring your arms together overhead. Staying low, jump back to the squat and repeat.

**MODIFY: Stay at level 2**

**LEVEL 1**

Reaching

**LEVEL 2**

Tapping

**LEVEL 3**

Tapping, X jump

**13 HELL'S CHAIR**

1 minute | No equipment

Begin in chair, with your feet and knees together and your arms extended by your ears. Extend your right leg in front of you. After 20 seconds, extend your left leg in front of you.

**MODIFY: Stay at level 3**

**LEVEL 1**

Right leg lifts

**LEVEL 2**

Left leg lifts

**LEVEL 3**

Feet together

**14 KABLAM**

1 minute | No equipment

Begin in a lunge, with your right leg back. Jump up, and land into a hip width parallel squat. Jump again and land in a lunge with your left foot back. Continue to alternate and repeat.

**MODIFY: Stay at level 2**

**LEVEL 1**

Step to step with arms at prayer

**LEVEL 2**

Arms up skip

**LEVEL 3**

Arms moving, jump

MMX





**ROUND ONE:****1 HIGH AND LOW JAB/CROSS***CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, jab your right fist forward at eye level, bend both knees, and jab with your right at stomach level. Extend your knees, turn your hips, and cross punch with your left at eye level.

**2 HOOK/UPPERCUT/FRONT KNEE***CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, hook your right arm across at chest level, uppercut with your left arm, and then drive your front knee up, pulling your hands to your front hip.

**3 TRIPLE JAB/CROSS/BACK KNEE***CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, jab your right fist forward at eye level 3 times, cross your back fist forward, and drive your back knee up, pulling your hands to your back hip.

**4 HOOK ELBOW/DOWN ELBOW***CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, hook your right elbow across at chest level and turn your left hip forward as your left elbow drives down toward the floor.

**ROUND TWO:****1 JAB/OVER THE TOP ELBOW/CRESCENT KICK***CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, jab your right fist forward at eye level, arc your left elbow up and over, and kick your left leg up and around and back into fighter stance.

**2 SUPERMAN PUNCH/4-PUNCH SCRAMBLE/SPRAWL***CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, hop forward on to your right foot as your left arm punches forward. Run back with 4 jabs going forward and jump back into a sprawl.

**3 LEAD UPPERCUT/HOOK ELBOW/SNAP KICK***CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, uppercut with your right arm, hook your left elbow around at chest level, and snap kick your left leg forward.

**4 SPRAWL/POWER KNEES/HOOK AND UPPER ELBOW***CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, jump back into a sprawl and drive your right knee into your torso twice. Stand up, hook your right elbow across at chest level, and drive your left elbow up toward the ceiling.

### ROUND THREE:

#### **1 UPPER BACK ELBOW/HOOK ELBOW/BACK KICK** *CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, drive your left elbow up toward the ceiling, hook your right elbow around at chest level, and kick your back leg behind you, leaning in the opposite direction.

#### **2 JAB/CROSS/SPRAWL/HOOK/UPPERCUT/SPRAWL** *CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, jab your right fist forward at eye level, cross your back fist forward, and jump back into a sprawl. Stand up, hook your right arm across at chest level, uppercut with your left arm, and then sprawl again.

#### **3 PUSH KICK/SNAP KICK** *CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, kick your front leg forward in a push kick, as if forcing open a door, and then snap kick with your back leg.

#### **4 HOOK/UPPERCUT/HOOK/UPPERCUT/SPRAWL** *CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, hook your right arm across at chest level, uppercut with your left arm, hook your right arm across at chest level, uppercut with your left arm, and sprawl.

### ROUND FOUR:

#### **1 FRONT LEG CHECK/FRONT SNAP KICK/SUPERMAN PUNCH** *CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, drive your right knee and hip up to your torso, tap your right leg down, snap kick with your right leg, and then tap it down again. Hop on to your right leg as you Superman punch with your left hand.

#### **2 JAB/CROSS/SPRAWL/SCRAMBLE** *CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, jab your right fist forward at eye level, cross your back fist forward, jump back into a sprawl, and scramble 180 degrees to the right. Stand up and start again.

#### **3 JAB/CROSS/HOOK ELBOW/OVER THE TOP ELBOW** *CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, jab your right fist forward at eye level, cross your back fist forward, hook your right elbow across at eye level, and arc your left arm up and over.

#### **4 GLADIATOR/SPRAWL/JAB/CROSS/HOOK/UPPERCUT** *CHANGE LEAD AT 30 SECONDS*

From fighter stance, right leg lead, bend your left knee up and kick your right leg forward. Shift the weight to your right leg and lunge down as you strike. Jump back into a sprawl, stand, jab your right fist forward at eye level, cross your back fist forward, hook your right arm across at eye level, and uppercut with your left.





**ECCENTRIC UPPER**

## 1 STANDARD PUSH-UPS

10 reps | 1 count concentric/3 counts eccentric  
PowerStands (optional)

In plank position, bend your elbows, lowering your chest toward the floor. Once your chest comes lower than your elbows, extend both elbows and return to the top of the plank.

**MODIFY** Limit range of motion

## 2 STANDARD PULL-UPS

10 reps | 1 count concentric/3 counts eccentric

Holding on to the Chin-Up Bar, with your hands slightly wider than your shoulders and your palms facing away from you, perform a pull-up, bringing your chin to the bar. Repeat.

**MODIFY** Use Chin-Up Max or resistance band

## 3 MILITARY PRESS

10 reps | 1 count concentric/3 counts eccentric

In a staggered stance, with your palms facing forward, extend both elbows, bringing the weights overhead and close together. Next, bend your elbows and lower the weights back so your triceps are parallel to the floor. Repeat.

**MODIFY** Use resistance band

## 4 MILITARY PUSH-UPS

10 reps | 1 count concentric/3 counts eccentric  
PowerStands (optional)

Begin in plank position, with your hands under your shoulders and your elbows close to your body. Lift one foot off the ground and bend both elbows, lowering your chest toward the floor. Extend both arms, and after 5 reps, lift your opposite leg.

**MODIFY** Limit range of motion

## 5 CHIN-UPS

10 reps | 1 count concentric/3 counts eccentric

Holding on to the Chin-Up Bar, with your hands at shoulder width and your palms facing toward you, perform a pull-up, bringing your chin to the bar. Repeat.

**MODIFY** Use Chin-Up Max or resistance band

## 6 DEEP SWIMMER'S PRESS

10 reps | 1 count concentric/3 counts eccentric

In a staggered stance, curl both dumbbells up so that your triceps are parallel to the floor and your elbows create a 90-degree angle. With palms facing forward, extend both elbows, bringing the weights overhead, and then twist the weights so your palms are facing you. Reverse the movement and repeat.

**MODIFY** Use resistance band

## 7 FLY PUSH-UPS

10 reps | 1 count concentric/3 counts eccentric  
PowerStands (optional)

In plank position, with your hands a few inches wider than your shoulders, bend both elbows, lowering your chest toward the floor. Next, extend both elbows and come back to the top of the plank. Repeat.

**MODIFY** Limit range of motion

## ECCENTRIC UPPER CONTINUED

### 8 V PULL-UPS

10 reps | 1 count concentric/3 counts eccentric

Holding on to the Chin-Up Bar, with your hands wider than your shoulders and your palms facing away from you, perform a pull-up, bringing your chin up to your right hand. Extend your elbows and then bring your chin to your left hand. Repeat.

**MODIFY** Use Chin-Up Max or resistance band

### 9 UPRIGHT HAMMER PULL

10 reps | 1 count concentric/3 counts eccentric

In a staggered stance, with your arms extended and your palms toward you, pull the weights up to chest level and perform a mini bicep curl, keeping your elbows lifted. Extend your arms and repeat.

**MODIFY** Use resistance band

### 10 STAGGERED PUSH-UPS

10 reps | 1 count concentric/3 counts eccentric  
5 each side  
PowerStands (optional)

In plank position, with your hands staggered, the right several inches ahead of the left, bend both elbows, lowering your chest toward the floor. Next, extend both elbows and come back to the top of the plank. Repeat. On the next round, stagger your hands with the left in front.

**MODIFY** Limit range of motion

### 11 ROCKET LAUNCHER ROW

10 reps | 1 count concentric/3 counts eccentric

In a wide lunge, with your torso pitched forward and your arms extended toward the ground, row both weights up, keeping your elbows close to your torso. Extend your elbows and repeat.

**MODIFY** Use resistance band

### 12 LATERAL/ANTERIOR RAISE

12 reps | 1 count concentric/3 counts eccentric

In a staggered stance, turn your thumbs toward the ceiling and lift your straight arms out to your sides, stopping at shoulder level. Lower your arms back down, and repeat the motion to the front. Alternate and repeat.

**MODIFY** Use resistance band

### 13 PLYO PUSH-UPS

10 reps | 1 count concentric/3 counts eccentric

In plank, bend your elbows and explode off the ground with your hands and feet. Bend your elbows as you return to the ground and repeat.

**MODIFY** Only hands leave the ground

#### 14 VAULTER PULL-UPS

10 reps | 1 count concentric/3 counts eccentric  
5 each side

Holding on to the Chin-Up Bar, with one palm facing you, and one facing away, perform a pull-up, bringing your chin to the bar. Extend both elbows and return to starting position. Repeat. Switch grip after 5.

**MODIFY** Use Chin-Up Max or resistance band

#### 15 PTERODACTYL FLYS

10 reps | 1 count concentric/3 counts eccentric

In a wide lunge, with your torso pitched forward and your arms extended toward the ground, keep your palms down as you lift the weights out to your sides, stopping at shoulder level. Lower the weights and repeat.

**MODIFY** Use resistance band

#### 16 ROCKET LAUNCHER KICKBACK

10 reps | 1 count concentric/3 counts eccentric

In a wide lunge, with your torso pitched forward and your elbows bent and squeezed behind you, keep your elbows high as you extend the weights toward the ceiling. Bend your elbows and repeat.

**MODIFY** Use resistance band

#### 17 FLIP FLOP COMBO

10 reps | 1 count concentric/3 counts eccentric

In a staggered stance, curl both weights up toward your shoulders with your palms up, and then lower the weights with your palms facing one another. Repeat.

**MODIFY** Use resistance band

#### 18 TRICEP SKYFERS

10 reps | 1 count concentric/3 counts eccentric

Seated, with your hands on the floor behind you, lift your hips off the ground and bend both elbows. Extend your elbows and drive your hips up as high as you can. Repeat.

**MODIFY** Limit range of motion

#### 19 KNEELING PREACHER CURL

10 reps | 1 count concentric/3 counts eccentric

On one knee, pitch your torso forward and extend your arms toward the floor with your palms up. Curl both weights up to your shoulders and then return them to the floor. Repeat.

**MODIFY** Use resistance band



*ECCENTRIC LOWER*

## 1 SQUATS

10 reps | 1 count concentric/3 counts eccentric  
Dumbbells or resistance bands

In parallel position, holding a dumbbell in each hand, bend both knees, lowering your glutes to a slow 3 count. After count 3, extend your knees in a single count, and return to standing. Repeat.

**MODIFY** Use resistance band

## 2 LUNGE

10 reps each side | 1 count concentric/3 counts eccentric  
Dumbbells or resistance bands

In a wide staggered stance, with your right foot forward, bend both knees to a slow 3 count until your front hamstring is parallel to the ground. Next, extend both knees in a single count, returning to standing.

**MODIFY** Use resistance band

## 3 SUMO

10 reps | 1 count concentric/3 counts eccentric  
1 dumbbell

In a wide stance, with your feet externally rotated, hold a single dumbbell and bend both knees slowly to a count of 3, until your hamstrings are parallel to the ground. Next, extend both knees in a single count and repeat.

**MODIFY** Use resistance band

## 4 WEIGHTED PISTOL

10 reps each side | 1 count concentric/3 counts eccentric  
1 dumbbell or resistance bands

Shift your weight to your left and extend your right leg out in front of you. Bend your left knee, lowering your glutes down and back to a count of 3. Straighten your knee and return to standing in a single count. Repeat.

**MODIFY** No weight

## 5 SIDE KICK

10 reps each side | 1 count concentric/3 counts eccentric

Stand on your left leg and lean your torso over to the left. Chamber your right knee and perform a side kick at hip level in a single count. Fold your leg back in to a slow 3 count.

**MODIFY** Limit range of motion

## 6 FRONT KICK

10 reps each side | 1 count concentric/3 counts eccentric  
1 dumbbell

Standing on your left leg, bring your right knee up, set the dumbbell on top of your right thigh, and extend your leg straight out so it's parallel to the floor in one count. Slowly bend your knee to a count of 3.

**MODIFY** No weight

## 7 ALBANIAN SQUAT

10 reps each side | 1 count concentric/3 counts eccentric  
Dumbbells or resistance bands, bench or chair

Start in a staggered stance, with your left foot on a bench behind you and your right foot forward. Bend your right knee at a 90-degree angle to a slow count of 3. Extend your knee in one count.

**MODIFY** No weight

## 8 ADDUCTOR LUNGE

10 reps each side | 1 count concentric/3 counts eccentric  
1 dumbbell

Step out to the right in a wide parallel stance, bending your stepping leg in 3 counts. Lift your right foot off the ground, extending your knee, in a single count.

**MODIFY** No weight

## 9 CROSS REACH

10 reps each side | 1 count concentric/3 counts eccentric  
1 dumbbell

Standing on your left leg, with a dumbbell in your right hand and your right knee up toward your torso, bend your left knee and extend the weight across your body in a single count. Return to standing and simultaneously bring your right knee up in 3 counts.

**MODIFY** No weight

## 10 TT PLUS

10 reps each side | 1 count concentric/3 counts eccentric

In a side forearm plank, with your top leg turned in and lifted, lower your right toes forward in a 3 count. Lift your leg up in a single count, and lower it behind you in a 3 count.

**MODIFY** Limit range of motion

## 11 BRIDGE KICKS

10 reps each side | 1 count concentric/3 counts eccentric  
1 dumbbell

On your back, with your knees bent and your glutes off the ground, extend your right leg straight up. Drive your right foot up to the ceiling in a single count, and then lower it down for a count of 3.

**MODIFY** No weight

## 12 HIP FLEXOR SPLITS

10 reps | 1 count concentric/3 counts eccentric  
PowerStands (optional)

Start seated on the floor, with your legs extended in front of you and your hands close to your glutes. Lift your glutes off the ground and open your legs out to either side. Close your legs to a count of 3.

**MODIFY** Keep glutes on floor

## 13 CALF DOG

10 reps each side | 1 count concentric/3 counts eccentric

In down dog, put your left toes on your right heel, push up on to the ball of your right foot in a single count, and then lower your heel in 3 counts.

**MODIFY** None



*DECELERATOR*



## 1 BOUNDING SQUATS

30 seconds right/30 seconds left

Standing on your left leg, jump forward 45 degrees to your right foot, hold, and then jump 45 degrees forward to your left foot. Reverse the movement and switch sides.

**MODIFY** Tap foot

## 2 CRANE CRACKER PUSH-UPS

1 minute, alternating right/left  
PowerStands (optional)

In plank, do a push-up, bring your right knee on top of your tricep, extend your left leg out, or to the side, and balance.

**MODIFY** Extended leg stays down

## 3 GOOD GOD SQUAT

1 minute

In a parallel position, rise up on your toes, reach your arms overhead, and pitch your torso over with a flat back until it's parallel to the ground. Bend both knees deeply, keeping your heels elevated.

**MODIFY** Torso above parallel to ground

## 4 ELEVATOR PULL-UPS

1 minute, Chin-Up Bar/Chin-Up Max (optional)  
or resistance bands

Holding on to the Chin-Up Bar, with your hands slightly wider than your shoulders and your palms facing away from you, perform a pull-up, stopping at the called-out height.

**MODIFY** Use Chin-Up Max or resistance band

## 5 2-POP HOP

1 minute

In a parallel squat, jump up and land on your right leg, keeping your left foot off the ground and your knee high. Put your left foot down, squat again, jump, and land on your opposite side.

**MODIFY** Limit range of motion

## 6 CRAWLY PLYO PUSH-UP

1 minute

In a low plank, with your torso hovering above the floor, bring your right knee and elbow together and explode off the ground, switching your knee and elbow in the air. Repeat.

**MODIFY** Push-up, knee to tricep

## 7 HOLMSEN SCREAMER HOLD

30 seconds on each side

In a lunge, with your right foot back, jump off your left foot, driving your right knee into the air, and then return back to the same lunge.

**MODIFY** Limit range of motion

## 8 CHIN PULLS

1 minute, Chin-Up Bar/Chin-Up Max (optional) or resistance bands

Holding on to the Chin-Up Bar, with your palms facing toward you, perform a chin-up, then pull both knees up to your torso. Extend your elbows and lower your body back toward the ground.

**MODIFY** Use Chin-Up Max or resistance band

## 9 JOEL JUMP FREEZE

30 seconds on each side

On your right leg, jump forward to your left, keep your right foot lifted, and reach your right hand down to touch the outside of your left foot. Next, jump straight back on to your right foot, keep your left foot elevated, and touch your left hand to the outside of your right foot. Repeat.

**MODIFY** Tap foot

## 10 STARFISH PUSH-UP

1 minute

From plank, do a push-up and open into a sidearm balance, lifting your top leg high to the ceiling. From this starfish pose, lower directly into plank and switch sides.

**MODIFY** Keep lifted leg low

## 11 DUPER 2

30 seconds right/30 seconds left

On your right, with your left leg extended out to your side, bend your right knee and tap the floor on the outside of your left foot. Straighten your standing leg and bring your left knee to your torso. Repeat.

**MODIFY** Reach for ground, tap foot if needed

## 12 VAULTER PULL-UPS

30 seconds right/30 seconds left  
Chin-Up Bar/Chin-Up Max (optional)  
or resistance bands

Begin holding on to the Chin-Up Bar, with one palm facing you and one facing away. Perform a pull-up, bringing your chin to the bar, extending your arms and optionally kipping your straight legs up.

**MODIFY** Use Chin-Up Max or resistance band

## 13 ELEVATOR TIPTOE SQUAT

1 minute

In a wide, turned-out stance, come up on to the balls of your feet and bend your knees to the appropriate cues.

**MODIFY** Limit range of motion

**ADVANCED** Use weight

### 14 SUPERMAN/BOW

1 minute

Face down on the floor, extend your arms straight ahead and lift your arms and legs off the floor. On cue, reach behind you and grab each ankle with the same hand, keeping your legs parallel and lifting your chest high.

**MODIFY** Grab one ankle at a time

### 15 SPINNING PLYO SQUAT LUNGES

1 minute

In a parallel squat, jump to a back lunge with your right leg, then jump back to the squat. Jump back to a lunge with your left, jump back to the squat, and then jump, turning 180 degrees, and begin the sequence again.

**MODIFY** Skip all jumps

### 16 BIG BROTHER BURPEES

1 minute

Jump back into plank, do a push-up, tap your right knee to your right tricep, open your right arm up into a side arm balance, lower back to plank, jump your feet up, and do a jump knee tuck. Alternate sides and repeat.

**MODIFY** No tuck jump

**1 LATERAL RUN**

30 seconds

Run with high knees, laterally, several times right and left.

**2 TWIST AND PIVOT**

30 seconds

With your hands facing one another and high elbows, begin to step and pivot your feet as you twist your torso.

**3 SAFETY JACKS**

30 seconds

With your arms out to the side and your legs wide, jump with your feet and arms crossing in front and underneath you.

**4 ROMAN LUNGES**

30 seconds

With your palms together at eye level, step your left leg back into a lunge and open your right arm behind you, twisting your torso to your front hip.

**5 SIDE/FRONT LEG SWINGS**

10 left, 10 right

Standing on your right leg, begin to swing your left leg across the midline of your body, and then out to the side. After 10, swing your leg front to back, allowing your knee to bend in back.

**6 SWENSON SALUTATION**

3 reps

Standing with your feet together, sweep your arms overhead, and then bend your elbows and drive them down toward your sides. Close them together in front of you 2 times, then open them out and swan dive forward, put your hands on the floor, and jump back to plank. Bend your elbows and push up into upward dog, then push your hips toward the ceiling into downward dog. Bend your knees, jump in between your hands, and reverse the swan dive to standing. Repeat.

**7 DOWNWARD DOG**

10 left, 10 right

In downward-facing dog, begin to pedal your feet, driving your heels toward the ground. Alternate driving your right and left heels.

**8 GROINER PUSH-UPS**

30 seconds; 15 seconds on each side

In a deep lunge, with your hands on the floor inside your foot, bend both elbows, deeply lowering your chest toward the floor. Straighten your arms and repeat.

**9 HIP/HAMSTRING STRETCH**

5 left, 5 right

In a deep lunge, with your hands on your hips, drop your pelvis toward the ground. Next, shift your hips back, straighten your front leg, and place your hands on either side of your leg.

**10 CAT DOG**

6 total

On your hands and knees, tuck your chin into your chest, tuck your pelvis under, and round your spine. Next, lift your chin and tailbone, arching your back.

**11 VINYASA**

1 total

Sweep your arms overhead and swan dive forward, bringing your hands to the floor. Reach out with a flat back, place your hands on the floor, and jump back into plank. Bend your elbows, lowering into upward-facing dog, and then back into downward-facing dog.

*COMPLEX UPPER*



## COMPLEX (4 ROUNDS OF 5 EXERCISES)

### 1 SLOW MO CHIN-UPS

12 reps | Chin-Up Bar/Chin-Up Max (optional) or resistance bands

Holding on to the Chin-Up Bar, with your palms facing you, pull your chin up to the bar in 3 slow counts, and then lower in 3 slow counts.

**MODIFY** Use Chin-Up Max or resistance band

### 2 X PLYO PUSH-UPS

8 reps

In plank, bend your elbows and explode off the ground, turning your whole body 45 degrees. Repeat, turning in the opposite direction.

**MODIFY** Smaller targets

### 3 LUNGE THRUST PRESS

12 reps | Dumbbells

In a staggered stance, with your knees bent to 90 degrees and dumbbells at your shoulders, jump off the ground, push the weights overhead, and switch your feet in the air.

**MODIFY** Use resistance band

### 4 W PULL-UPS

12 reps | Chin-Up Bar/Chin-Up Max (optional) or resistance bands

Holding on to the Chin-Up Bar, with your palms facing away from you, pull your chest to your right hand, to center, and to your left hand, extending your arms and coming down between each one.

**MODIFY** Use Chin-Up Max or resistance band

### 5 PUSH-UP BIRD DOG CRUNCH

12 reps

In plank, perform a single push-up, lift your right arm and left leg straight up, and bring your right elbow to your left knee directly under your torso.

**MODIFY** Don't lift leg in bird dog

**REPEAT 3X**





**COMPLEX LOWER**

## COMPLEX (4 ROUNDS OF 5 EXERCISES)

### 1 KNEE DROP SQUAT

10 reps right/10 reps left | Dumbbells

Standing on your right leg, with a dumbbell in each hand, let your left knee lower behind you as you bend your right knee deeply toward the ground.

**MODIFY** Use resistance band

### 2 BOUNDING SPLIT SQUAT

16 reps | Dumbbells

In a staggered stance, with your knees bent to 90 degrees and dumbbells at your shoulders, jump off the ground, push the weights overhead, and switch your feet in the air, while moving forward. After 2 forward reps, repeat the motion going backward.

**MODIFY** No weights

### 3 TRIPLE SPEED SKATER

16 reps

Standing on your right leg, jump to your left foot, allowing your right leg to cross behind you, and then continue with 2 more hops on that leg. Alternate between single and double hops on cue.

**MODIFY** Do singles or doubles

### 4 DS DOUBLE L

10 reps | Dumbbells

With parallel feet and a dumbbell in each hand, perform a deadlift with knees slightly bent, a parallel squat, a back right lunge, and a back left lunge.

**MODIFY** No weights

### 5 THE STABILIZER

10 reps | Hold 5 counts on each side

On your right forearm or hand, lift your hips into a side arm plank and lift your left internally-rotated leg into the air. Without dropping your hips, switch sides after 5 counts.

**MODIFY** Limit height of leg

**REPEAT 3X**



## 1 TIN MAN WINDMILL

5 each side; 10 total

Standing with wide legs, pitch your torso forward with a flat back and open arms. Twist your torso to bring your right hand to your left foot. Come back to flat back and switch sides.

**MODIFY** Twist to the floor between your legs

## 2 DOLPHIN HOPS

3 hops in, 1 out; 15 total

In a forearm plank, jump your feet toward your chest 3 times, lifting your hips toward the ceiling, and then jump out and lower your hips in one jump.

**MODIFY** Only hop one time in, one time out

### 3 C-Y REACH

5 each side; 10 total

Seated on your tailbone with round arms, tuck your pelvis under and round your lower back toward the ground. Twist to your right side, lift your torso, and extend your arms overhead. Twist back to center and repeat.

**MODIFY** Keep your arms round the entire time

### 4 SPHINX CRUNCH HOLD

5 each side; 10 total

In a forearm plank, begin to bring alternating knees up to your triceps on the same side, keeping your hips down.

**MODIFY** Limit range of motion

### 5 5-WAY ABRINOME (UP, DOWN, RIGHT, LEFT, PELVIC TILT; CALL OUT)

1 minute

On your back, with your arms on the floor at 45 degrees from your torso, move your legs right, left, up, down, and tilt, according to cue.

**MODIFY** Limit range of motion

### 6 HIP DROP TWIST

6 each side | Dumbbell (optional)

In a side arm plank, with your top foot staggered on the floor, drop your hip two times to the floor, and then twist to reach your top arm under you as you roll on to the balls of your feet. Untwist and repeat.

**MODIFY** No dumbbell

### 7 BRIDGE BURNERS

10 total | Dumbbell (optional)

Lying on your back, with your arms extended by your ears, sit up into a V sit position. Curl your lower back toward the ground, bend your knees, and twist your elbows to the floor 4 times. Sit up again, and unfold to the ground.

**MODIFY** No dumbbell

### 8 SPEED BIKE

100 reps (2 speeds, 10 each up to 100)

On your back, with your right knee into your torso and your left leg extended above the ground, twist your opposite elbow toward your knee. Alternate slowly for 10, then quickly for 10.

**MODIFY** Slight bend in extended leg or elevate your legs

# **NEED HELP? GET A FREE COACH.**

You may be asking—what’s a Team Beachbody Coach?

**A TEAM BEACHBODY COACH IS A CUSTOMER, JUST LIKE YOU**, who has seen the results that Beachbody products bring and therefore loves using the products and sharing them with other people.

It’s simple. Your Coach wants YOU to get in the best shape of your life.

**AND TO HELP YOU ACHIEVE THAT GOAL, YOUR COACH CAN KEEP YOU ON TRACK**—by staying in touch, online or over the phone, or by referring you to some of the amazing accountability resources located at [TeamBeachbody.com](http://TeamBeachbody.com).

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# GET THE CHANCE TO WIN CASH AND PRIZES



## BEACHBODY CHALLENGE®

**GET SUPPORT.  
GET FIT.  
GET PRIZES.**

The Beachbody Challenge will give you the motivation and support you need to get in shape with P90X3. With peer support and a chance to win cash and prizes<sup>†</sup>, you'll see results in no time. Then share your results to get a FREE shirt and a chance to win more than \$100,000!<sup>†</sup>

GET  
YOUR  
FREE  
SHIRT

**TAKE THE CHALLENGE AT  
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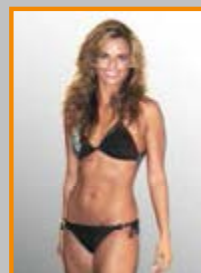


*"In the long term, I don't think I could have lost the weight and kept it off without the support system of the Beachbody Challenge; it's been absolutely essential. Winning money is just the icing on the cake."*

—Lisa J.  
Beachbody Challenge  
Monthly Winner



before



after\*

<sup>†</sup>Go to [TakeBBChallenge.com](http://TakeBBChallenge.com) for all rules, terms, and conditions. \*Results vary.

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

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Train off-balance to build the body of an athlete. With P90X2, you'll engage all of your muscles with every move, delivering the same kind of training pro athletes pay thousands of dollars for.



|              |          |
|--------------|----------|
| Retail Price | \$119.85 |
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| Coach Price  | \$89.89  |





### **P90°**

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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.

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



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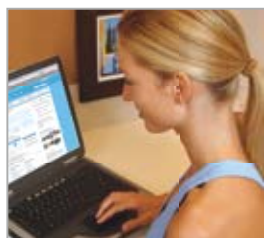
|              |         |
|--------------|---------|
| Retail Price | \$89.85 |
| Club Price   | \$80.87 |
| Coach Price  | \$67.39 |

\*Power Sculpting Band contains natural rubber latex which may cause severe allergic reactions.

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# TEAM BEACHBODY CLUB

LET'S BE STRONG TOGETHER  
**TEAMBEACHBODY.COM**



Buying the P90X3 program is a step in the right direction. However, to get the best results possible, you also need support, accountability, and a daily commitment to exercise and a healthy diet. That's where the Team Beachbody website comes in. It's an essential tool to keep you on track with your eating and exercise goals.

**Go to [TEAMBEACHBODY.COM/SIGNUP](http://TEAMBEACHBODY.COM/SIGNUP) to get started. YOU GET A RISK-FREE 30-DAY TRIAL and a FREE GIFT valued at \$20!**

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- ▶ Personalized online meal plans based on your goals
- ▶ Diet and workout advice from fitness and nutrition experts
- ▶ Michi's Ladder, a simple food substitution guideline that can help you tell the difference between healthy and unhealthy food choices
- ▶ Nutrition tools, including a Healthy Weight Calculator and a Body Fat Calculator
- ▶ Live video chats with Beachbody's celebrity trainers, including Tony Horton, Shaun T, Chalene Johnson, and more
- ▶ Message Boards where you can get answers to all your food and fitness questions 24/7
- ▶ Your own personal Coach for guidance and support
- ▶ 10% discount on Shakeology, fitness programs, gear, and supplements
- ▶ An online calendar where you can schedule and log your P90X3 workouts
- ▶ Your own personal blog to journal your progress and share your ideas and opinions



## THE BEACHBODY FITNESS TEAM

WHILE TONY IS THE MAN BEHIND P90X3, BEACHBODY'S GOT A TEAM OF FITNESS EXPERTS WATCHING HIS BACK. HERE'S THE TEAM.

**STEVE EDWARDS** Athlete, coach, trainer, nutritionist, fitness columnist, and human lab rat, Steve has been overseeing all of Beachbody's fitness and nutritional development since 2001. His educational background includes UCLA, Clayton College of Natural Health, and a slew of nutrition and fitness certifications ranging all the way back to '82. He's also been a competitive member of Team USA.

**STEPHANIE S. SAUNDERS** Formerly a professional dancer, Steph's been a fitness instructor for 20 years (in other words, since she was 2 years old—shhhh)! She's a certified personal trainer and holds certifications in Pilates, Group Ex instruction, and yoga, among others. She's been working with Beachbody since 2004 and was Tony's primary coconspirator for the P90X3 workouts.

**MARCUS ELLIOTT** A Harvard MD, Dr. Elliott is the head of Beachbody's Scientific Advisory Board. His specialty is in performance enhancement and the development of elite athletes, and he is the founder of P3, a training facility dedicated to applying cutting-edge science for optimal athletic achievement. He has 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 professional sports.

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