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TRAINING PHASES

CHECK YOUR POWER YOUR PERFORMANCE FITNESS GUIDE FOR DETAILS.

PHASE

1



FOUNDATION (3 to 6 weeks)

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

PHASE

2



STRENGTH (3 to 6 weeks)

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

ADDITIONAL OPTIONS

V Sculpt & X2 Ab Ripper Switch into Day 1
X2 Chest + Shoulders + Tris & X2 Ab Ripper Switch into Day 4

PHASE

3



PERFORMANCE (3 to 4 weeks)

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

RECOVERY WEEK (to be done whenever you need it)

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

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P90X2™

MONTH 1

BEFORE YOU START:
MEASURE BODY FAT %
TAKE "BEFORE" PHOTO

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 MEASURE BODY FAT % TAKE PHOTO

RECOVERY

1	2	3	4	5	6	7
---	---	---	---	---	---	---

NOTES

BEACHBODY®

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MONTH 2



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 MEASURE BODY FAT % TAKE PHOTO

RECOVERY

1	2	3	4	5	6	7
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NOTES

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MONTH 3






1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 MEASURE BODY FAT % TAKE PHOTO

RECOVERY

1	2	3	4	5	6	7
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NOTES

 BEACHBODY®

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WORKSHEET • X2 CORE

DATE / WEEK					
Warm-Up					
01 Sphinx Plank Crunch	R _____	R _____	R _____	R _____	R _____
02 Warrior 3 Cross Crunch	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
03 Single Leg Walk Out to Sphinx	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
04 Half Angel	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
05 Roller Boat	R _____	R _____	R _____	R _____	R _____
06 3 Speed Med Ball Push-Up	R _____	R _____	R _____	R _____	R _____
07 One Leg Lateral Leap Squat	R _____	R _____	R _____	R _____	R _____
08 Core Circle	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec
09 Holmsen Screamer Lunge	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
10 Med Ball Dreyer Roll	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 Plank Burpee on Stability Ball	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
12 Banana Ball Switch Crunch	R _____	R _____	R _____	R _____	R _____
13 3-Point Squat Press with Med Ball	R _____	R _____	R _____	R _____	R _____
14 Slo-Mo Balance Climber (Alternating Legs)	R _____	R _____	R _____	R _____	R _____
15 X2 Diver	R _____	R _____	R _____	R _____	R _____
16 Ryan Sphinx Twist Crunch	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
17 One Leg Med Ball Burpee (Alternate Every 3 Reps)	R _____	R _____	R _____	R _____	R _____
Cool-Down					
R = reps W = weight RT = right LT = left Sec = time					

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WORKSHEET • X2 TOTAL BODY

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

R= reps W= weight RT= right LT= left

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WORKSHEET • X2 BALANCE + POWER

DATE / WEEK					
Warm-Up					
01 Sphinx to Plank Plyo Bounce	R _____	R _____	R _____	R _____	R _____
02 1-Leg Plyo Squat Reach	R _____	R _____	R _____	R _____	R _____
03 Russian Twist	R _____	R _____	R _____	R _____	R _____
04 Sphinx to Plank Roll Up	R _____	R _____	R _____	R _____	R _____
05 4-Direction 1-Leg Squat Hop	LT _____	LT _____	LT _____	LT _____	LT _____
	RT _____	RT _____	RT _____	RT _____	RT _____
06 Forearm Alt Side Plank	LT _____	LT _____	LT _____	LT _____	LT _____
	RT _____	RT _____	RT _____	RT _____	RT _____
Water Break					
08 Decline Sphinx Plank Press	R _____	R _____	R _____	R _____	R _____
09 Weighted Katherine	R _____	R _____	R _____	R _____	R _____
10 Plank X Crunch	R _____	R _____	R _____	R _____	R _____
11 Renegade Row 1/2 Lolana	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Glute Bridge Roll Out	R _____	R _____	R _____	R _____	R _____
13 Over/Under Boat	R _____	R _____	R _____	R _____	R _____
Water Break					
15 Warrior Row Press	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____
	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____
16 Split Lunge	LT _____	LT _____	LT _____	LT _____	LT _____
	RT _____	RT _____	RT _____	RT _____	RT _____
17 Crawly Crab Press	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____
	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____
18 Lateral Plyo Push-Up	R _____	R _____	R _____	R _____	R _____
19 Lunge Kneel Knee Raise	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____
	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____
20 X Plank Spider Twist	R _____	R _____	R _____	R _____	R _____
Water Break					
22 Dumbbell Row to Side Plank (Alternating Sides Each Rep)	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____
	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____
23 Dumbbell Super Burpee	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____
	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____
24 Plank Ball Crunch	R _____	R _____	R _____	R _____	R _____
Cool-Down					

R = reps W = weight RT = right LT = left

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WORKSHEET • CHEST + BACK + BALANCE

DATE / WEEK					
Warm-Up					
01 Pull-Up X	R _____	R _____	R _____	R _____	R _____
02 Plyo Stability Ball Push-Up	R _____	R _____	R _____	R _____	R _____
03 Core Crunch Chin-Up	R _____	R _____	R _____	R _____	R _____
04 Push-Up Side Arm Balance	R _____	R _____	R _____	R _____	R _____
05 Lever	R _____	R _____	R _____	R _____	R _____
06 4-Ball Push-Up	R _____	R _____	R _____	R _____	R _____
07 Chin Pull	a. Chin-Up R _____	a. Chin-Up R _____	a. Chin-Up R _____	a. Chin-Up R _____	a. Chin-Up R _____
	b. Pull-Up R _____	b. Pull-Up R _____	b. Pull-Up R _____	b. Pull-Up R _____	b. Pull-Up R _____
	R _____	R _____	R _____	R _____	R _____
08 The Impossible/Possible	R _____	R _____	R _____	R _____	R _____
09 "L" Pull-Up	R _____	R _____	R _____	R _____	R _____
10 3-Ball Plyo Push-Up (Switch Left to Right)	R _____	R _____	R _____	R _____	R _____
Water Break					
12 Vaulter Pull-Up (Switch Grip Every 2 Reps)	R _____	R _____	R _____	R _____	R _____
13 Elevated Stability Ball Push-Up	R _____	R _____	R _____	R _____	R _____
14 In & Out (1 Rep Wide Grip, 1 Rep Narrow Grip)	R _____	R _____	R _____	R _____	R _____
15 Swimmer's Push-Up	R _____	R _____	R _____	R _____	R _____
16 4-Grip Pull-Up	a. Wide Hand Grip R _____	a. Wide Hand Grip R _____	a. Wide Hand Grip R _____	a. Wide Hand Grip R _____	a. Wide Hand Grip R _____
	b. Palm to Palm Grip R _____	b. Palm to Palm Grip R _____	b. Palm to Palm Grip R _____	b. Palm to Palm Grip R _____	b. Palm to Palm Grip R _____
	c. Overhand Close Pull-Up R _____	c. Overhand Close Pull-Up R _____	c. Overhand Close Pull-Up R _____	c. Overhand Close Pull-Up R _____	c. Overhand Close Pull-Up R _____
	d. Chin-Up R _____	d. Chin-Up R _____	d. Chin-Up R _____	d. Chin-Up R _____	d. Chin-Up R _____
	R _____	R _____	R _____	R _____	R _____
17 Double Wide Push-Up	R _____	R _____	R _____	R _____	R _____
18 Double Wide Pull-Up	R _____	R _____	R _____	R _____	R _____
19 Chattarocker	R _____	R _____	R _____	R _____	R _____
20 Towel Pull-Up	R _____	R _____	R _____	R _____	R _____
21 Med Ball Plyo Push-Up	R _____	R _____	R _____	R _____	R _____
Cool-Down					R = reps W = weight

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WORKSHEET • X2 SHOULDERS + ARMS

DATE / WEEK						
Warm-Up						
ROUND 1	01 Balance Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	02 Arnold Press (Alternate Arms)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03 Overhead Tricep Pull	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04 Six Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05 Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06 Y-T Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07 Rocket Launcher Tricep Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Water Break						
ROUND 2	09 Balance Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Arnold Press (Alternate Arms)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11 Overhead Tricep Pull	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12 Six Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	13 Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14 Y-T Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Rocket Launcher Tricep Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Water Break						
ROUND 3	17 Balance Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	18 Arnold Press (Alternate Arms)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	19 Overhead Tricep Pull	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20 Six Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	21 Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	22 Y-T Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	23 Rocket Launcher Tricep Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Water Break						
Cool-Down						
						R = reps W = weight

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WORKSHEET • X2 BASE + BACK

DATE / WEEK						
Warm-Up						
ROUND 1	01 No Kip Pull-Up	R _____	R _____	R _____	R _____	R _____
	02 Plyo Frog Squat	R _____	R _____	R _____	R _____	R _____
	03 Wide Leg Close Grip Chin-Up	R _____	R _____	R _____	R _____	R _____
	04 Chair Jump	R _____	R _____	R _____	R _____	R _____
	05 Chin Pull	R _____	R _____	R _____	R _____	R _____
Water Break						
	07 Plyo Lunge Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08 V Pull-Up	R _____	R _____	R _____	R _____	R _____
	09 Surfer Spin	R _____	R _____	R _____	R _____	R _____
	10 Kippy Cross Fugly Pull	R _____	R _____	R _____	R _____	R _____
	11 Jack-in-the-Box Knee Tuck	R _____	R _____	R _____	R _____	R _____
Water Break						
ROUND 2	13 No Kip Pull-Up	R _____	R _____	R _____	R _____	R _____
	14 Plyo Frog Squat	R _____	R _____	R _____	R _____	R _____
	15 Wide Leg Close Grip Chin-Up	R _____	R _____	R _____	R _____	R _____
	16 Chair Jump	R _____	R _____	R _____	R _____	R _____
	17 Chin Pull	R _____	R _____	R _____	R _____	R _____
Water Break						
	19 Plyo Lunge Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20 V Pull-Up	R _____	R _____	R _____	R _____	R _____
	21 Surfer Spin	R _____	R _____	R _____	R _____	R _____
	22 Kippy Cross Fugly Pull	R _____	R _____	R _____	R _____	R _____
	23 Jack-in-the-Box Knee Tuck	R _____	R _____	R _____	R _____	R _____
Cool-Down						
						R = reps W = weight

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P90X2™		WORKSHEET • X2 CHEST + SHOULDERS + TRIS				
DATE / WEEK						
Warm-Up						
ROUND 1	01 Chattarocker Push-Up	R _____	R _____	R _____	R _____	R _____
	02 Strip Press 1	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03 Strip Press 2	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04 Strip Press 3	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05 Tricep Extension on Stability Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06 3-Ball Extravaganza	R _____	R _____	R _____	R _____	R _____
	07 Callahan Press (Left Leg)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08 Iron Man Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09 Push-Up Side Arm Balance	R _____	R _____	R _____	R _____	R _____
	10 X2 Circle Fly	R _____	R _____	R _____	R _____	R _____
	11 3-Ball Dip	R _____	R _____	R _____	R _____	R _____
Water Break						
ROUND 2	13 Chattarocker Push-Up	R _____	R _____	R _____	R _____	R _____
	14 Strip Press 1	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Strip Press 2	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	16 Strip Press 3	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	17 Tricep Extension on Stability Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	18 3-Ball Extravaganza	R _____	R _____	R _____	R _____	R _____
	19 Callahan Press (Right Leg)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20 Iron Man Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	21 Push-Up Side Arm Balance	R _____	R _____	R _____	R _____	R _____
	22 X2 Circle Fly	R _____	R _____	R _____	R _____	R _____
	23 3-Ball Dip	R _____	R _____	R _____	R _____	R _____
Cool-Down					R = reps W = weight	

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WORKSHEET • V SCULPT

DATE / WEEK					
Warm-Up					
01 Around the World Pull-Up	R _____	R _____	R _____	R _____	R _____
02 Alt Hammer Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Med Ball Renegade Row	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 Band Bicep Curl	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
05 Pull-Up X	R _____	R _____	R _____	R _____	R _____
06 Med Ball Renegade Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 Wide Leg Row Twist	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
08 Balance Dumbbell Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Switch Grip Pull-Up	R _____	R _____	R _____	R _____	R _____
10 Roman Band Curl	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
11 21 Pull-Up	a. 7 Low Pull-Up R _____	a. 7 Low Pull-Up R _____	a. 7 Low Pull-Up R _____	a. 7 Low Pull-Up R _____	a. 7 Low Pull-Up R _____
	b. 7 High Pull-Up R _____	b. 7 High Pull-Up R _____	b. 7 High Pull-Up R _____	b. 7 High Pull-Up R _____	b. 7 High Pull-Up R _____
	c. 7 Full-Range Pull-Up R _____	c. 7 Full-Range Pull-Up R _____	c. 7 Full-Range Pull-Up R _____	c. 7 Full-Range Pull-Up R _____	c. 7 Full-Range Pull-Up R _____
Water Break					
13 Entman's Chin-Up	R _____	R _____	R _____	R _____	R _____
14 Ball Preacher	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 Stability Ball Lawnmower	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 Renegade Roman Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 Zip Kip Pull-Up	R _____	R _____	R _____	R _____	R _____
18 High-Rep Balance Curl (Switch Legs at 15 Reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 Straight Arm Pullover	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 Renegade Hammer Curl (Alternating Arms)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Zip Kip Chin-Up	R _____	R _____	R _____	R _____	R _____
22 Close Body Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
23 Cross Fugly Pull-Up	R _____	R _____	R _____	R _____	R _____
Cool-Down			R = reps W = weight BC = band color		