



DATE / WEEK						
Round 1 - Heavy	01 Pike Press Target: 12	R _____	R _____	R _____	R _____	R _____
	02 Alternating Arnold Press Target: 8-10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03 Pike Press Target: 12	R _____	R _____	R _____	R _____	R _____
	04 Alternating Arnold Press Target: 8-10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05 Pike Press Target: 12	R _____	R _____	R _____	R _____	R _____
	06 Alternating Arnold Press Target: 8-10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 2 - Light	07 6-Direction Shoulder Flies Target: 10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08 Lean Over Fly Target: 15	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09 6-Direction Shoulder Flies Target: 10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Lean Over Fly Target: 15	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11 6-Direction Shoulder Flies Target: 10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12 Lean Over Fly Target: 15	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 3 - Heavy	13 Seated Bicep Curls Target: 8-10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14 Tricep Extension (on Stability Ball) Target: 8-10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Seated Bicep Curls Target: 8-10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	16 Tricep Extension (on Stability Ball) Target: 8-10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	17 Seated Bicep Curls Target: 8-10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	18 tricep Extension (on Stability Ball) Target: 8-10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 4 - Light	19 Crazy 8's Target: 4 x 8	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20 Alternating Tricep Kickback Target: 10-12	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	21 Crazy 8's Target: 4 x 8	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	22 Alternating Tricep Kickback Target: 10-12	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	23 Crazy 8's Target: 4 x 8	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	24 Alternating Tricep Kickback Target: 10-12	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Time (58 Min)	Start _____	Start _____	Start _____	Start _____	Start _____	
	End _____	End _____	End _____	End _____	End _____	
	Total _____	Total _____	Total _____	Total _____	Total _____	
	Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

P90X ONE ON ONE, VOLUME 3 / DISC 3 - SHOULDERS & ARMS

Equipment Required

- 1) Push-Up Stands
- 2) Big Stability Ball
- 3) Dumb bells
- 4) Bench (or Chair)

Other Recommendation

Tony does have a good warm-up and cool-down in the video

Worksheets Completed by:
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