



DATE / WEEK					
01 Back: Zip Kip Iso Chin-Ups Target: >15	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
02 Biceps: Alternating Squatting Concentration Curls Target: 12 (Dumb bell)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Back: Band Mower* Target: 12 / Side (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 Biceps: Supine Band Curls* Target: 12 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 Back: Pull Up X Target: 20	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
06 Biceps: Flip Grip Arm Curls* Target: 14 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 Back: V-Row* Target: 15 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 Biceps: One Arm Concentration Curls Target: 12 (Dumb bells)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Back: Flip Grip Target: 14-20 (Switch Every Rep)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
10 Biceps: Down the Rack Target: 8 Reps x 3 Sets (Dumb bells)	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____
	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____
	R _____ W3 _____	R _____ W3 _____	R _____ W3 _____	R _____ W3 _____	R _____ W3 _____
11 Back: 21s Target: 7x3 (Lowers, Uppers, Full)	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____
	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____
	F - U _____ A _____	F - U _____ A _____	F - U _____ A _____	F - U _____ A _____	F - U _____ A _____
12 Biceps: Shrug "High & Tight" Curls Target: 10 (Dumb bells)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 Back: Pull Up X Target: 20	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
14 Biceps: Shrug "High & Tight" Curls Target: 12 (Dumb bells)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 Back: 21s Target: 7x3 (Uppers, Lower, Full)	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____	U - U _____ A _____
	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____	L - U _____ A _____
	F - U _____ A _____	F - U _____ A _____	F - U _____ A _____	F - U _____ A _____	F - U _____ A _____
16 Biceps: Alternating Squatting Concentration Curls Target: 8 (Dumb bell)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
17 Back: Band Mower* Target: 12 / Side (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 Biceps: Supine Band Curls* Target: 12 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 Back: V-Row* Target: 15 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 Biceps: One Arm Concentration Curls Target: 12 (Dumb bells)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Back: Zip Kip Iso Chin-Ups Target: 15	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
22 Biceps: Flip Grip Arm Curls* Target: 14 (Bands)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
23 Back: Flip Grip Target: 14-20 (Switch Every Rep)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
24 Biceps: Down the Rack Target: 8 Reps x 3 Sets (Dumb bells)	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____	R _____ W1 _____
	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____	R _____ W2 _____
	R _____ W3 _____	R _____ W3 _____	R _____ W3 _____	R _____ W3 _____	R _____ W3 _____
Time (56 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, VOLUME3 / DISC 3 - V-SCULPT

Equipment Required

- 1) Pull-Up Bar
- 2) Chair
- 3) Resistance Band(s)
- 4) *Band-to-Door Assembly (Included with Disc)
- 5) Dumb bells

Other Recommendation

- Tony does NO warm-up. Suggest 4-5 minute warm-up on your own

Worksheets Completed by:
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