

TEAM **RIPPED**

**BEAST** 900X

*PHASE 1:  
BACK TO BASICS*



# WORKSHEET • CHEST & BACK • DISC 1

DATE / WEEK					
<b>Warm-Up (2:30 + 6:30)</b>					
01 CHEST - Standard Push-Ups	R _____	R _____	R _____	R _____	R _____
02 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
03 CHEST - Military Push-Ups	R _____	R _____	R _____	R _____	R _____
04 BACK - Reverse Grip Chin-Ups	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:49)</b>					
05 CHEST - Wide Fly Push-Ups	R _____	R _____	R _____	R _____	R _____
06 BACK - Closed Grip Overhand Pull-Ups	R _____	R _____	R _____	R _____	R _____
07 CHEST - Decline Push-Ups	R _____	R _____	R _____	R _____	R _____
08 BACK - Heavy Pants	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (0:47)</b>					
09 CHEST - Diamond Push-Ups	R _____	R _____	R _____	R _____	R _____
10 BACK - Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 CHEST - Dive-Bomber Push-Ups	R _____	R _____	R _____	R _____	R _____
12 BACK - Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (1:04)</b>					
13 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
14 CHEST - Standard Push-Ups	R _____	R _____	R _____	R _____	R _____
15 BACK - Reverse Grip Chin-Ups	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 CHEST - Military Push-Ups	R _____	R _____	R _____	R _____	R _____
<b>Water Break (1:00)</b>					
17 BACK - Closed Grip Overhand Pull-Ups	R _____	R _____	R _____	R _____	R _____
18 CHEST - Wide Fly Push-Ups	R _____	R _____	R _____	R _____	R _____
19 BACK - Heavy Pants	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 CHEST - Decline Push-Ups	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:37)</b>					
21 BACK - Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 CHEST - Diamond Push-Ups	R _____	R _____	R _____	R _____	R _____
23 BACK - Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 CHEST - Dive-Bomber Push-Ups	R _____	R _____	R _____	R _____	R _____
<b>Cool Down (3:22)</b>					

R: reps W: weight

- Equipment Required**
- Weights or resistance bands
  - P90X® Chin-Up Bar (+ Chin-up Max, if you struggle with pull-ups)
  - Bench or chair

**Post-Workout Nutrition**  
 Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

Need more P90X worksheets? Go to [P90Xworksheets.com](http://P90Xworksheets.com)



Date / Week					
<b>Warm-Up</b>					
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Sumo Squat	W _____	W _____	W _____	W _____	
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
Alternating Lunge	W _____	W _____	W _____		
Step-Up to Reverse Lunge	RT: W _____	RT: W _____	RT: W _____		
	LT: W _____	LT: W _____	LT: W _____		
<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
Parallel Squat	W _____	W _____	W _____		
Bulgarian Squat	LT: W _____	LT: W _____	LT: W _____		
	RT: W _____	RT: W _____	RT: W _____		
Straight Leg Deadlift	RT: W _____	RT: W _____	RT: W _____		
	LT: W _____	LT: W _____	LT: W _____		
<b>Giant Set</b>	<b>30 Sec.</b>	<b>30 Sec.</b>			
Single Leg Calf Raise	LT: R _____	LT: R _____			
	RT: R _____	RT: R _____			
Seated Calf Raise	R _____	R _____			
In and Outs	R _____	R _____			
<b>Cool-Down</b>					

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

**Weight Suggestions:**

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.



# WORKSHEET • SHOULDERS & ARMS • DISC 3

DATE / WEEK					
<b>Warm-Up [2:46 + 7:23]</b>					
01 SHOULDERS - Alternating Shoulder Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
02 BICEPS - In & Out Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 TRICEPS - Two-Arm Triceps Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 SHOULDERS - Alternating Shoulder Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 BICEPS - In & Out Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
06 TRICEPS - Two-Arm Triceps Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Ballistic Stretch [0:30]</b>					
07 SHOULDERS - Deep Swimmer's Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 BICEPS - Full Supination Concentration Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 TRICEPS - Chair Dips	R _____	R _____	R _____	R _____	R _____
10 SHOULDERS - Deep Swimmer's Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 BICEPS - Full Supination Concentration Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 TRICEPS - Chair Dips	R _____	R _____	R _____	R _____	R _____
<b>Ballistic Stretch [0:30]</b>					
13 SHOULDERS - Upright Rows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
14 BICEPS - Static Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 SHOULDERS - Upright Rows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 BICEPS - Static Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Ballistic Stretch [0:34]</b>					
19 SHOULDERS - Seated Two-Angle Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 BICEPS - Crouching Cohen Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 TRICEPS - Lying-Down Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 SHOULDERS - Seated Two-Angle Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
23 BICEPS - Crouching Cohen Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 TRICEPS - Lying-Down Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Ballistic Stretch [0:38]</b>					
25 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
26 BICEPS - Congdon Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
27 TRICEPS - Side Tri-Rises	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
28 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
29 BICEPS - Congdon Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
30 TRICEPS - Side Tri-Rises	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
<b>Cool Down [3:29]</b>					

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

**Equipment Required** • Weights or resistance bands  
• Bench or chair

### Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

Need more P90X worksheets? Go to [P90Xworksheets.com](http://P90Xworksheets.com)





# WORKSHEET • CORE SYNERGISTICS • DISC 8

DATE / WEEK					
<b>Warm-Up (6:31 + 3:30)</b>					
01 Stacked Foot / Staggered Hands Push-Ups (Switch every 5 reps)	R _____	R _____	R _____	R _____	R _____
02 Banana Rolls (16 reps / 2 min)	R _____	R _____	R _____	R _____	R _____
03 Leaning Crescent Lunges	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 Squat Runs	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 Sphinx Push-Ups	R _____	R _____	R _____	R _____	R _____
06 Bow to Boat (4 Sets/1:48 min)	R _____	R _____	R _____	R _____	R _____
07 Low Lateral Skaters	R _____	R _____	R _____	R _____	R _____
08 Lunge & Reach	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (0:42)</b>					
09 Prison Cell Push-Ups	R _____	R _____	R _____	R _____	R _____
10 Side Hip Raise	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
11 Squat X-Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Plank to Chaturanga Run	R _____	R _____	R _____	R _____	R _____
13 Walking Push-Ups	R _____	R _____	R _____	R _____	R _____
14 Superman Banana	R _____	R _____	R _____	R _____	R _____
15 Lunge Kickback Curl Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 Towel Hoppers	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:44)</b>					
17 Reach High & Under Push-Ups	R _____	R _____	R _____	R _____	R _____
18 Steam Engine	R _____	R _____	R _____	R _____	R _____
19 Dreya Rolls	R _____	R _____	R _____	R _____	R _____
20 Plan to Chaturanga Iso	R _____	R _____	R _____	R _____	R _____
21 Halfback	R _____	R _____	R _____	R _____	R _____
22 Table Dip Leg Raises	R _____	R _____	R _____	R _____	R _____
<b>Cool Down &amp; Stretch (5:06)</b>					

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

**Equipment Required** • Weights or resistance bands

### Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

Need more P90X worksheets? Go to [P90Xworksheets.com](http://P90Xworksheets.com)



Date / Week					
<b>Warm-Up</b>					
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Deadlift	W _____	W _____	W _____	W _____	
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Dumbbell Pull-Over	W _____	W _____	W _____	W _____	
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>		
Pull-Up	R _____	R _____	R _____		
<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
EZ Bar Row	W _____	W _____	W _____		
One-Arm Row	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____		
Reverse Fly	W _____	W _____	W _____		
<b>Single Set</b>	<b>30 Sec.</b>	<b>30 Sec.</b>	<b>8 Sec.</b>		
Close-Grip Chin-Up	R _____	R _____	R _____		
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Seated Bicep Curl	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
1,1,2 Hammer Curl	W _____	W _____	W _____		
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Neutral EZ Bar Curl	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>30 Sec.</b>	<b>30 Sec.</b>			
Airplane Cobra	R _____	R _____			

**Cool-Down**

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- Bench (or Stability Ball)
- Chin-Up Bar  
(or Bands With Door Attachment)
- Chin-Up Max \* (and Sturdy Chair)
- Weights

- EZ Curl Bar W/Weighted Plates  
(And Spring Collars)
- Worksheet and Pen
- Water and Towel

**Weight Suggestions:**
**8 lbs., 15 lbs., 20 lbs.**

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

\*Optional

TEAM **RIPPED**  
**BEAST** 900X

PHASE 2:  
HYPERTROPHY  
FOCUS

Date / Week \_\_\_\_\_

## Warm-Up

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Dumbbell Chest Press	W _____	W _____	W _____	W _____	

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Incline Dumbbell Fly	W _____	W _____	W _____		
Incline Dumbbell Press	W _____	W _____	W _____	W _____	

<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
Close Grip Press	W _____	W _____	W _____		
Partial Chest Fly	W _____	W _____	W _____		
Decline Push-Up	R _____	R _____	R _____		

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Tricep Extension	W _____	W _____	W _____	W _____	

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Single Arm Kickback	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	
Tricep Push-Up	R _____	R _____	R _____		

<b>Super Set</b>	<b>60 Sec.</b>				
Dips on Bench	R _____				
In and Outs	R _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Sturdy Chair
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.



Date / Week

## Warm-Up

<b>Single Set</b>	<b>12 Reps</b>	<b>10 Reps</b>	<b>8 Reps</b>			
Front to Back Lunge	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____			
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Squat	W _____	W _____	W _____	W _____	W _____	W _____
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Full to 1/2 Sumo Squat	W _____	W _____	W _____	W _____	W _____	
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Split Squat w/ EZ Bar	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Stiff Leg Deadlift	W _____	W _____	W _____	W _____		
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>			
Alt. Side Squat	W _____	W _____	W _____			
<b>Super Set</b>	<b>50 Reps</b>	<b>50 Reps</b>				
Calf Raise	W _____	W _____				
	<b>30 Sec.</b>	<b>30 Sec.</b>				
Beast Abs	C _____	C _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench\*
- EZ Curl Bar w/Weighted Plates [and Spring Collars]
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

\*Optional



# WORKSHEET • BACK & BICEPS • DISC 10

DATE / WEEK					
<b>Warm-Up [2:36 + 6:32]</b>					
01 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
02 BACK - Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 BICEPS - Twenty-Ones	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 BICEPS - One-Arm Cross-Body Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R _____	R _____	R _____	R _____	R _____
06 BACK - Elbows-Out Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 BICEPS - Standing Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 BICEPS - One-Arm Concentration Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 BACK - Corn Cob Pull-Ups	R _____	R _____	R _____	R _____	R _____
10 BACK - Reverse Grip Bent-Over Rows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 BICEPS - Open-Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 BICEPS - Static-Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break [0:42]</b>					
13 BACK - Towel Pull-Ups (Switch every 3)	R _____	R _____	R _____	R _____	R _____
14 BACK - Congdon Locomotives	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 BICEPS - Crouching Cohen Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 BICEPS - One-Arm Corkscrew Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 BACK - Chin-Ups	R _____	R _____	R _____	R _____	R _____
18 BACK - Seated Bent-Over Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 BICEPS - Curl-Up/Hammer Downs	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 BICEPS - Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 BACK - Max Rep Pull-Ups	R _____	R _____	R _____	R _____	R _____
22 BACK - Superman (6 x 10 seconds)	R _____	R _____	R _____	R _____	R _____
23 BICEPS - In-Out Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 BICEPS - Strip-Set Curls (4 rounds)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Cool Down [2:13]</b>					

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

- Equipment Required**
- Weights or resistance bands
  - P90X® Chin-Up Bar (+ Chin-up Max, if you struggle with pull-ups)
  - Bench or chair
  - Towel

**Post-Workout Nutrition**  
 Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

Need more P90X worksheets? Go to [P90Xworksheets.com](http://P90Xworksheets.com)



Date / Week						
<b>Warm-Up</b>						
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Lateral Raise	W _____	W _____	W _____			
Arnold Press	W _____	W _____	W _____	W _____		
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Upright Row	W _____	W _____	W _____	W _____	W _____	W _____
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>			
Alt. Front Raise	W _____	W _____	W _____			
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>			
Plate Twist-Twist	W _____	W _____	W _____			
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Reverse Fly	W _____	W _____	W _____	W _____	W _____	W _____
<b>Super Set</b>	<b>10 Reps</b>	<b>10 Reps</b>				
Superman Stretch	R _____	R _____				
	<b>30 Sec.</b>	<b>30 Sec.</b>				
Plank Twist-Twist	R _____	R _____				
<b>Cool-Down</b>						

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

Date / Week						
<b>Warm-Up</b>						
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Standing Curl	W _____	W _____	W _____	W _____	W _____	W _____
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Tricep Extension	W _____	W _____	W _____	W _____		
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Wide EZ Bar Curl	W _____	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Skull Crusher	W _____	W _____	W _____	W _____		
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Hammer Curl	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Tricep Kickback	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
<b>Single Set</b>	<b>30 Reps</b>					
Weighted Crunch	R _____					

### Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

#### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

#### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

TEAMRIPPED.COM

**TEAM RIPPED**  
**BEAST 900X**

*PHASE 3:  
XBEAST*

TEAMRIPPED



# WORKSHEET • CHEST & BACK • DISC 1

DATE / WEEK					
<b>Warm-Up (2:30 + 6:30)</b>					
01 CHEST - Standard Push-Ups	R _____	R _____	R _____	R _____	R _____
02 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
03 CHEST - Military Push-Ups	R _____	R _____	R _____	R _____	R _____
04 BACK - Reverse Grip Chin-Ups	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:49)</b>					
05 CHEST - Wide Fly Push-Ups	R _____	R _____	R _____	R _____	R _____
06 BACK - Closed Grip Overhand Pull-Ups	R _____	R _____	R _____	R _____	R _____
07 CHEST - Decline Push-Ups	R _____	R _____	R _____	R _____	R _____
08 BACK - Heavy Pants	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (0:47)</b>					
09 CHEST - Diamond Push-Ups	R _____	R _____	R _____	R _____	R _____
10 BACK - Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 CHEST - Dive-Bomber Push-Ups	R _____	R _____	R _____	R _____	R _____
12 BACK - Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (1:04)</b>					
13 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
14 CHEST - Standard Push-Ups	R _____	R _____	R _____	R _____	R _____
15 BACK - Reverse Grip Chin-Ups	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 CHEST - Military Push-Ups	R _____	R _____	R _____	R _____	R _____
<b>Water Break (1:00)</b>					
17 BACK - Closed Grip Overhand Pull-Ups	R _____	R _____	R _____	R _____	R _____
18 CHEST - Wide Fly Push-Ups	R _____	R _____	R _____	R _____	R _____
19 BACK - Heavy Pants	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 CHEST - Decline Push-Ups	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:37)</b>					
21 BACK - Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 CHEST - Diamond Push-Ups	R _____	R _____	R _____	R _____	R _____
23 BACK - Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 CHEST - Dive-Bomber Push-Ups	R _____	R _____	R _____	R _____	R _____
<b>Cool Down (3:22)</b>					

R: reps W: weight

- Equipment Required**
- Weights or resistance bands
  - P90X® Chin-Up Bar (+ Chin-up Max, if you struggle with pull-ups)
  - Bench or chair

**Post-Workout Nutrition**  
 Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

Need more P90X worksheets? Go to [P90Xworksheets.com](http://P90Xworksheets.com)



Date / Week					
<b>Warm-Up</b>					
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Sumo Squat	W _____	W _____	W _____	W _____	
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
Alternating Lunge	W _____	W _____	W _____		
Step-Up to Reverse Lunge	RT: W _____	RT: W _____	RT: W _____		
	LT: W _____	LT: W _____	LT: W _____		
<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
Parallel Squat	W _____	W _____	W _____		
Bulgarian Squat	LT: W _____	LT: W _____	LT: W _____		
	RT: W _____	RT: W _____	RT: W _____		
Straight Leg Deadlift	RT: W _____	RT: W _____	RT: W _____		
	LT: W _____	LT: W _____	LT: W _____		
<b>Giant Set</b>	<b>30 Sec.</b>	<b>30 Sec.</b>			
Single Leg Calf Raise	LT: R _____	LT: R _____			
	RT: R _____	RT: R _____			
Seated Calf Raise	R _____	R _____			
In and Outs	R _____	R _____			
<b>Cool-Down</b>					

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

**Weight Suggestions:**

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

Date / Week

**Warm-Up**

**Single Set**

Shoulder Press

**15 Reps**

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**Super Set**

Lateral Raise

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

Upright Row

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Giant Set**

EZ Bar Underhand Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

1,1,2 Front Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Rear Delt Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

Standing Dumbbell Shrug

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Dumbbell Scap Trap

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

Sagi Six-Way

W \_\_\_\_\_

W \_\_\_\_\_

**15 Reps**

R \_\_\_\_\_

**15 Reps**

R \_\_\_\_\_

Tuck & Roll

**Cool-Down**

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

**Weight Suggestions:**

**8 lbs., 15 lbs., 20 lbs.**

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.



Date / Week						
<b>Warm-Up</b>						
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Standing Curl	W _____	W _____	W _____	W _____	W _____	W _____
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Tricep Extension	W _____	W _____	W _____	W _____		
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Wide EZ Bar Curl	W _____	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Skull Crusher	W _____	W _____	W _____	W _____		
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Hammer Curl	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Tricep Kickback	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
<b>Single Set</b>	<b>30 Reps</b>					
Weighted Crunch	R _____					

### Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

#### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

#### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

Date / Week \_\_\_\_\_

## Warm-Up

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Dumbbell Chest Press	W _____	W _____	W _____	W _____	

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Incline Dumbbell Fly	W _____	W _____	W _____		
Incline Dumbbell Press	W _____	W _____	W _____	W _____	

<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
Close Grip Press	W _____	W _____	W _____		
Partial Chest Fly	W _____	W _____	W _____		
Decline Push-Up	R _____	R _____	R _____		

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Tricep Extension	W _____	W _____	W _____	W _____	

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Single Arm Kickback	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	
Tricep Push-Up	R _____	R _____	R _____		

<b>Super Set</b>	<b>60 Sec.</b>				
Dips on Bench	R _____				
In and Outs	R _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Sturdy Chair
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

Date / Week \_\_\_\_\_

## Warm-Up

<b>Single Set</b>	<b>12 Reps</b>	<b>10 Reps</b>	<b>8 Reps</b>			
Front to Back Lunge	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____			
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Squat	W _____	W _____	W _____	W _____	W _____	W _____
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Full to 1/2 Sumo Squat	W _____	W _____	W _____	W _____	W _____	
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Split Squat w/ EZ Bar	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Stiff Leg Deadlift	W _____	W _____	W _____	W _____		
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>			
Alt. Side Squat	W _____	W _____	W _____			
<b>Super Set</b>	<b>50 Reps</b>	<b>50 Reps</b>				
Calf Raise	W _____	W _____				
	<b>30 Sec.</b>	<b>30 Sec.</b>				
Beast Abs	C _____	C _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench\*
- EZ Curl Bar w/Weighted Plates [and Spring Collars]
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

\*Optional

TEAMRIPPED.COM

**TEAM RIPPED**  
**BEAST 900X**

*RECOVERY  
WEEKS*

TEAMRIPPED

Date / Week

## Warm-Up

### Circuit Set

**15 Reps**

**15 Reps**

Pull-Up

R \_\_\_\_\_

R \_\_\_\_\_

Push-Up

R \_\_\_\_\_

R \_\_\_\_\_

Squat

W \_\_\_\_\_

W \_\_\_\_\_

Crunch

R \_\_\_\_\_

R \_\_\_\_\_

### Circuit Set

**15 Reps**

**15 Reps**

Incline Press

W \_\_\_\_\_

W \_\_\_\_\_

Bent-Over Row

W \_\_\_\_\_

W \_\_\_\_\_

Reverse Alternating Lunge

W \_\_\_\_\_

W \_\_\_\_\_

Plank Twist-Twist

R \_\_\_\_\_

R \_\_\_\_\_

### Circuit Set

**15 Reps**

**15 Reps**

1,1,2 Military Press

W \_\_\_\_\_

W \_\_\_\_\_

Post Delt Raise

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

Stiff Leg Deadlift

W \_\_\_\_\_

W \_\_\_\_\_

Russian Twist

R \_\_\_\_\_

R \_\_\_\_\_

### Circuit Set

**15 Reps**

**15 Reps**

Bicep Curl-Up-Hammer Down

W \_\_\_\_\_

W \_\_\_\_\_

Tricep Extension-Kickback

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

Calf Raise-Weight at Shoulder

W \_\_\_\_\_

W \_\_\_\_\_

Side Forearm Plank

RT: R \_\_\_\_\_

RT: R \_\_\_\_\_

LT: R \_\_\_\_\_

LT: R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max \* (and Sturdy Chair)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

**30 lbs., 40 lbs., 50 lbs.**

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

\*Optional

© 2012 Beachbody, LLC. All rights reserved.



# WORKSHEET • CORE SYNERGISTICS • DISC 8

DATE / WEEK					
<b>Warm-Up (6:31 + 3:30)</b>					
<b>01 Stacked Foot / Staggered Hands Push-Ups (Switch every 5 reps)</b>	R _____	R _____	R _____	R _____	R _____
<b>02 Banana Rolls (16 reps / 2 min)</b>	R _____	R _____	R _____	R _____	R _____
<b>03 Leaning Crescent Lunges</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>04 Squat Runs</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>05 Sphinx Push-Ups</b>	R _____	R _____	R _____	R _____	R _____
<b>06 Bow to Boat (4 Sets/1:48 min)</b>	R _____	R _____	R _____	R _____	R _____
<b>07 Low Lateral Skaters</b>	R _____	R _____	R _____	R _____	R _____
<b>08 Lunge &amp; Reach</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (0:42)</b>					
<b>09 Prison Cell Push-Ups</b>	R _____	R _____	R _____	R _____	R _____
<b>10 Side Hip Raise</b>	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
<b>11 Squat X-Press</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>12 Plank to Chaturanga Run</b>	R _____	R _____	R _____	R _____	R _____
<b>13 Walking Push-Ups</b>	R _____	R _____	R _____	R _____	R _____
<b>14 Superman Banana</b>	R _____	R _____	R _____	R _____	R _____
<b>15 Lunge Kickback Curl Press</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>16 Towel Hoppers</b>	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:44)</b>					
<b>17 Reach High &amp; Under Push-Ups</b>	R _____	R _____	R _____	R _____	R _____
<b>18 Steam Engine</b>	R _____	R _____	R _____	R _____	R _____
<b>19 Dreyfa Rolls</b>	R _____	R _____	R _____	R _____	R _____
<b>20 Plan to Chaturanga Iso</b>	R _____	R _____	R _____	R _____	R _____
<b>21 Halfback</b>	R _____	R _____	R _____	R _____	R _____
<b>22 Table Dip Leg Raises</b>	R _____	R _____	R _____	R _____	R _____
<b>Cool Down &amp; Stretch (5:06)</b>					

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

**Equipment Required • Weights or resistance bands**

### Post-Workout Nutrition

Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of **P90X Results and Recovery Formula®**.

Need more P90X worksheets? Go to [P90Xworksheets.com](http://P90Xworksheets.com)

