

CASEY

**P90X** WORKSHEET • SHOULDERS & ARMS • DISC 3

DATE / WEEK	13 Dec	10 Feb			
Warm-Up (2:46 + 7:23)					
01 SHOULDERS - Alternating Shoulder Presses	R 12 W B P	R 11 W B P	R W	R W	R W
02 BICEPS - In & Out Bicep Curts	R 16 W P	R 16 W P	R W	R W	R W
03 TRICEPS - Two-Arm Triceps Kickback	R 12 W B	R 14 W B	R W	R W	R W
04 SHOULDERS - Alternating Shoulder Presses	R 10 W B	R 9 W B	R W	R W	R W
05 BICEPS - In & Out Bicep Curts	R 16 W P	R 16 W P	R W	R W	R W
06 TRICEPS - Two-Arm Triceps Kickback	R 12 W B	R 14 W B	R W	R W	R W
Ballistic Stretch (0:30)					
07 SHOULDERS - Deep Swimmer's Presses	R 12 W B P	R 12 W B P	R W	R W	R W
08 BICEPS - Full Supination Concentration Curts	R 10 W P	R 18 W P	R W	R W	R W
09 TRICEPS - Chair Dips	R 15	R 14	R	R	R
10 SHOULDERS - Deep Swimmer's Presses	R 12 W B P	R 13 W B P	R W	R W	R W
11 BICEPS - Full Supination Concentration Curts	R 10 W P	R 18 W P	R W	R W	R W
12 TRICEPS - Chair Dips	R 16	R 15	R	R	R
Ballistic Stretch (0:30)					
13 SHOULDERS - Upright Rows	R 12 W P	R 15 W P	R W	R W	R W
14 BICEPS - Static Arm Curts	R 18 W P	R 16 W P	R W	R W	R W
15 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R 12 W B	R 16 W P	R W	R W	R W
16 SHOULDERS - Upright Rows	R 13 W P	R 12 W P	R W	R W	R W
17 BICEPS - Static Arm Curts	R 18 W P	R 16 W P	R W	R W	R W
18 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R 12 W B	R 12 W B	R W	R W	R W
Ballistic Stretch (0:34)					
19 SHOULDERS - Seated Two-Angle Shoulder Flys	R 16 W B	R 16 W B	R W	R W	R W
20 BICEPS - Crouching Cohen Curts	R 16 W P	R 15 W P	R W	R W	R W
21 TRICEPS - Lying-Down Triceps Extensions	R 10 W B	R 12 W B	R W	R W	R W
22 SHOULDERS - Seated Two-Angle Shoulder Flys	R 16 W B	R 16 W B	R W	R W	R W
23 BICEPS - Crouching Cohen Curts	R 16 W P	R 13 W P	R W	R W	R W
24 TRICEPS - Lying-Down Triceps Extensions	R 10 W B	R 11 W B	R W	R W	R W
Ballistic Stretch (0:38)					
25 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R 16 W G P	R 16 W B	R W	R W	R W
26 BICEPS - Congdon Curts	R 16 W P	R 12 W P	R W	R W	R W
27 TRICEPS - Side Tri-Rises	RT 15 LT 15	RT 13 LT 13	RT LT	RT LT	RT LT
28 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R 16 W B	R 16 W B	R W	R W	R W
29 BICEPS - Congdon Curts	R 14 W P	R 12 W P	R W	R W	R W
30 TRICEPS - Side Tri-Rises	RT 14 LT 14	RT 14 LT 14	RT LT	RT LT	RT LT
Cool Down (3:29)					

**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®**.

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