




















P90X3 Agility X

Workout Instructions

	Explode and Hold	3 sets
	Y Lunges	3 sets
	Joel Jumps	3 sets
	Toe Tap Skater	3 sets
	Near and Fars	3 sets
	Scissor Kick Jumps	3 sets
	8 sprint 3	3 sets
	Plyo V Lunge	3 sets
	High Speed Shuffle	3 sets
	Gump Jump Push Up	3 sets
	Tap That Line	3 sets
	Jump Knee Jump	3 sets
	Triangle Lunge	3 sets
	Squat Jump Lunge	3 sets
	3 - 4 Run	3 sets
	Long Jump Back Pedal	3 sets
	Plyo Line Push Up	3 sets

Individual Exercise Instructions

Explode and Hold



Y Lunges



Joel Jumps



Toe Tap Skater



Near and Fars



Scissor Kick Jumps



8 sprint 3



Plyo V Lunge



High Speed Shuffle



Gump Jump Push Up



Tap That Line



Jump Knee Jump



Triangle Lunge

Triangle Lunge



Squat Jump Lunge

Squat Jump Lunge



3 - 4 Run



Long Jump Back Pedal

Long Jump Back Pedal



Plyo Line Push Up



Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Explode and Hold	reps	Lbs	reps	Lbs	reps	Lbs
Y Lunges	reps	Lbs	reps	Lbs	reps	Lbs
Joel Jumps	reps	Lbs	reps	Lbs	reps	Lbs
Toe Tap Skater	reps	Lbs	reps	Lbs	reps	Lbs
Near and Fars	reps	Lbs	reps	Lbs	reps	Lbs
Scissor Kick Jumps	reps	Lbs	reps	Lbs	reps	Lbs
8 sprint 3	reps	Lbs	reps	Lbs	reps	Lbs
Plyo V Lunge	reps	Lbs	reps	Lbs	reps	Lbs
High Speed Shuffle	reps	Lbs	reps	Lbs	reps	Lbs
Gump Jump Push Up	reps	Lbs	reps	Lbs	reps	Lbs
Tap That Line	reps	Lbs	reps	Lbs	reps	Lbs
Jump Knee Jump	reps	Lbs	reps	Lbs	reps	Lbs
Triangle Lunge	reps	Lbs	reps	Lbs	reps	Lbs
Squat Jump Lunge	reps	Lbs	reps	Lbs	reps	Lbs
3 - 4 Run	reps	Lbs	reps	Lbs	reps	Lbs
Long Jump Back Pedal	reps	Lbs	reps	Lbs	reps	Lbs
Plyo Line Push Up	reps	Lbs	reps	Lbs	reps	Lbs