



P90X3 Dynamix

Workout Instructions

	Leg Lift	1 sets
	Adductor Leg Lift	1 sets
	Glute Lift	1 sets
	Scorpion	1 sets
	Shoulder Stretch	1 sets
	Ham Hip Rocker	1 sets
	Groiners	1 sets
	Pigeon Stretch	1 sets
	Lunge Push Up	1 sets
	Polka Stretch	1 sets
	Hip Circles	1 sets
	Polka Plus	1 sets
	Double Knee Pull	1 sets
	Front to Back Lunge	1 sets
	Double Quad Stretch	1 sets
	Glide Lunge	1 sets
	Tin Man Zombie	1 sets
	Glute Rocker	1 sets
	Double Knee Pulls	1 sets
	Double Pigeon Pulls	1 sets
	Spinal Twist	1 sets



Fifer Scissors Stretch 1 sets

Marching Bridge 1 sets

Farthing Stretch 1 sets

Side Banana 1 sets

Superman 1 sets

Individual Exercise Instructions

Leg Lift

Leg Lift



Adductor Leg Lift

Adductor Leg Lift



Glute Lift

Glute Lift



Scorpion

Scorpion



Shoulder Stretch



Ham Hip Rocker

Ham Hip Rocker



Groiners

Groiners



Pigeon Stretch

Pigeon Stretch



Lunge Push Up



Polka Stretch



Hip Circles

Hip Circles



Polka Plus

Polka Plus



Double Knee Pull

Double Knee Pull



Front to Back Lunge

Front to Back Lunge



Double Quad Stretch

Double Quad Stretch



Glide Lunge



Tin Man Zombie



Glute Rocker

Glute Rocker



Double Knee Pulls

Double Knee Pulls



Double Pigeon Pulls

Double Pigeon Pulls



Spinal Twist



Fifer Scissors Stretch



Marching Bridge

Marching Bridge



Farthing Stretch

Farthing Stretch



Side Banana



Superman

Superman



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

Exercise Name	Set 1	
Leg Lift	reps x	Lbs
Adductor Leg Lift	reps x	Lbs
Glute Lift	reps x	Lbs
Scorpion	reps x	Lbs
Shoulder Stretch	reps x	Lbs
Ham Hip Rocker	reps x	Lbs
Groiners	reps x	Lbs
Pigeon Stretch	reps x	Lbs
Lunge Push Up	reps x	Lbs
Polka Stretch	reps x	Lbs
Hip Circles	reps x	Lbs
Polka Plus	reps x	Lbs
Double Knee Pull	reps x	Lbs
Front to Back Lunge	reps x	Lbs
Double Quad Stretch	reps x	Lbs
Glide Lunge	reps x	Lbs
Tin Man Zombie	reps x	Lbs
Glute Rocker	reps x	Lbs
Double Knee Pulls	reps x	Lbs
Double Pigeon Pulls	reps x	Lbs
Spinal Twist	reps x	Lbs
Fifer Scissors Stretch	reps x	Lbs
Marching Bridge	reps x	Lbs
Farthing Stretch	reps x	Lbs
Side Banana	reps x	Lbs
Superman	reps x	Lbs