



















# P90X3 The Warrior

## Workout Instructions

	<b>P90X3 in 90 Seconds The Warrior</b>	1 sets
	<b>Plank Sphinx Push Ups</b>	1 sets
	<b>Speed Skater</b>	1 sets
	<b>Down Dog Crunches</b>	1 sets
	<b>Side Lunge Jump Shot</b>	1 sets
	<b>Elevator Push Ups</b>	1 sets
	<b>Double Upper Cut Sprawls</b>	1 sets
	<b>Roller Boat</b>	1 sets
	<b>One Leg Jump Squats</b>	1 sets
	<b>Thumbs Up Push Up</b>	1 sets
	<b>Elbow, Over The Top Elbow, Sprawl</b>	1 sets
	<b>Fifer Scissors Twist</b>	1 sets
	<b>Warrior Squat</b>	1 sets
	<b>Super Burpee</b>	1 sets
	<b>Leg Drop</b>	1 sets
	<b>Spiderman Squats</b>	1 sets

## Individual Exercise Instructions

### P90X3 in 90 Seconds The Warrior



## Plank Sphinx Push Ups

Plank Sphinx Push Ups



## Speed Skater

Speed Skater



## Down Dog Crunches

Down Dog Crunches



## Side Lunge Jump Shot



## Elevator Push Ups

Elevator Push Ups



## Double Upper Cut Sprawls



## Roller Boat

Roller Boat



## One Leg Jump Squats



## Thumbs Up Push Up

Thumbs Up Push Up



## Elbow, Over The Top Elbow, Sprawl



## Fifer Scissors Twist



## Warrior Squat

Warrior Squat



## Super Burpee



## Leg Drop

Leg Drop



## Spiderman Squats

Spiderman Squats



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

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Exercise Name	Set 1	
<b>P90X3 in 90 Seconds The Warrior</b>	reps x	Lbs
<b>Plank Sphinx Push Ups</b>	reps x	Lbs
<b>Speed Skater</b>	reps x	Lbs
<b>Down Dog Crunches</b>	reps x	Lbs
<b>Side Lunge Jump Shot</b>	reps x	Lbs
<b>Elevator Push Ups</b>	reps x	Lbs
<b>Double Upper Cut Sprawls</b>	reps x	Lbs
<b>Roller Boat</b>	reps x	Lbs
<b>One Leg Jump Squats</b>	reps x	Lbs
<b>Thumbs Up Push Up</b>	reps x	Lbs
<b>Elbow, Over The Top Elbow, Sprawl</b>	reps x	Lbs
<b>Fifer Scissors Twist</b>	reps x	Lbs
<b>Warrior Squat</b>	reps x	Lbs
<b>Super Burpee</b>	reps x	Lbs
<b>Leg Drop</b>	reps x	Lbs
<b>Spiderman Squats</b>	reps x	Lbs