



P90X3 Triometrics

Workout Instructions

	P90x3 Triometrics	3 sets
	Calf Raise Squats	3 sets
	Duper Skaters	3 sets
	Frog Jumps	3 sets
	Warrior 3 Squats	3 sets
	Speed Skater	3 sets
	Superman Lunge	3 sets
	Sumo Kick	3 sets
	Run Stance Squats	3 sets
	Iso Squats	3 sets
	Slater Squats	3 sets
	Duper 2	3 sets
	Jack Squats	3 sets
	Hells Chair	3 sets
	Kablam	3 sets

Individual Exercise Instructions

P90x3 Triometrics



Calf Raise Squats



Duper Skaters

Duper Skaters



Frog Jumps

Frog Jumps



Warrior 3 Squats



Speed Skater

Speed Skater



Superman Lunge



Sumo Kick

Sumo Kick



Run Stance Squats



Iso Squats



Slater Squats

Slater Squats



Duper 2

Duper 2



Jack Squats



Hells Chair



Kablam

Kablam



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

Exercise Name	Set 1		Set 2		Set 3	
P90x3 Triometrics	reps x	Lbs	reps x	Lbs	reps x	Lbs
Calf Raise Squats		sec		sec		sec
Duper Skaters	reps x	Lbs	reps x	Lbs	reps x	Lbs
Frog Jumps	reps x	Lbs	reps x	Lbs	reps x	Lbs
Warrior 3 Squats		sec		sec		sec
Speed Skater	reps x	Lbs	reps x	Lbs	reps x	Lbs
Superman Lunge		sec		sec		sec
Sumo Kick	reps x	Lbs	reps x	Lbs	reps x	Lbs
Run Stance Squats	reps x	Lbs	reps x	Lbs	reps x	Lbs
Iso Squats		sec		sec		sec
Slater Squats	reps x	Lbs	reps x	Lbs	reps x	Lbs
Duper 2	reps x	Lbs	reps x	Lbs	reps x	Lbs
Jack Squats	reps x	Lbs	reps x	Lbs	reps x	Lbs
Hells Chair		sec		sec		sec
Kablam	reps x	Lbs	reps x	Lbs	reps x	Lbs