

# P90X LEGS & BACK

	Week	Week	Week	Week
Balance Lunges (25 each)	R W	R W	R W	R W
Calf Raise Squats (25 total)	R W	R W	R W	R W
Reverse Grip Pull Ups	R	R	R	R
Super Skaters (25 each)	R	R	R	R
Wall Squats (90 seconds)				
Wide Grip Pull Ups	R	R	R	R
Step Back Lunges (15 each)	R W	R W	R W	R W
Alternating Side Lunges (12 each)	R W	R W	R W	R W
Close Grip Pull Ups	R	R	R	R
Single Leg Wall Squat (60 seconds)				
Dead Lift Squats (20 each)				
Switch Grip Pull Ups	R	R	R	R
3 Way Lunges (5 sets)				
Sneaky Lunges( 20 total)	R W	R W	R W	R W
Reverse Grip Pull Ups	R	R	R	R
Chair Salutations				
Toe Roll Iso Lunges (20 each)	R	R	R	R
Wide Front Pull Ups	R	R	R	R
Groucho Walk (45 seconds)				
Calf Raises (25 each)	W	W	W	W
Close Grip Pull Ups	R	R	R	R
80-20 Speed Squats (30 each)				
Switch Grip Pull Ups	R	R	R	R