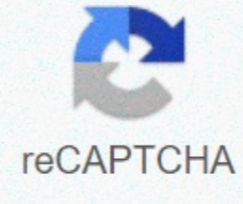




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## P90x fitness guide

P90X is an advance workout program that hits every major muscle group with a variety of workouts. Image Credit: Antonio\_Diaz/iStock/Gettyimages P90X, short for Power 90 X, is one of the most successful workout DVD series of all time (though you can now stream it online). The 12 workouts, repeated over the course of 90 days, are fairly long (45 to 60 minutes), intense and varied, ranging from weight-lifting and plyometrics to yoga and kickboxing. Tony Horton, the charismatic host of P90X, leads you through the workouts with demonstrations, instructions and even a dash of humor. And though the program is recommended for more advanced exercisers, there are modifications for the moves in case they're too difficult. It comes with a 13-week schedule to keep you on track with your workouts. Since the goal is to prevent your body from plateauing, the order of the workouts switches every four weeks. This divides the plan up into training blocks — three weeks of adaptation and mastery and one week of recovery (except the final block, which is four weeks adaptation and mastery and one week recovery). What can you expect from each of these 12 sweat sessions? Here's an outline of each of the workouts in Horton's wildly popular workout program. Chest and Back Length: 54 minutes Equipment needed: power stands, chin-up bar and dumbbells or resistance bands This workout combines two of the largest groups of upper-body muscles: chest and back. And to work those muscle groups, you'll do two classic exercises: the push-up and pull-up. You'll perform different variations of these exercises to keep the workout interesting and challenging. Plyometrics Length: 59 minutes Equipment needed: mat This is a high-impact workout filled with lots of jumping exercises (plyo). You'll burn calories and develop your inner athlete with this collection of agility-based movements. Of all the P90X workouts, this is one of the most challenging. Shoulders and Arms Length: 60 minutes Equipment needed: dumbbells or resistance bands Grab your dumbbells and get ready to feel the burn in your shoulders and arms. This workout combines variations of the biceps curl, dumbbell press and fly. If you're looking to get ripped arms and shoulders, this workout is perfect for you. Yoga X Length: 92 minutes Equipment needed: yoga mat This isn't your typical yoga session. It combines traditional breathing and flexibility work with the fast-paced and muscle-burning approach P90X is known for. It's not a break from the physique-changing workout intensity, however. Your muscles will be challenged. Legs and Back Length: 60 minutes Equipment needed: pull-up bar and dumbbells or resistance bands Squats, lunges and rows make up the bulk of the exercises in this workout. Once again, you'll need a range of weights to accommodate all the exercises in this strength-training workout. You'll also find that pairing your upper-body and lower-body muscles is surprisingly efficient. Kenpo X Length: 56 minutes Equipment needed: none Cardio can be boring, but P90X has figured out how to keep it interesting. Kenpo X is their version of a martial arts workout. You'll kick and punch into the air to burn calories and improve your balance and coordination. X Stretch Length: 58 minutes Equipment needed: yoga mat After pushing your muscles, lungs and heart to the limit in the other workouts, you'll need time to recover. This active recovery session takes you through stretches for all your tired and sore muscles and gives you a chance to catch your breath before you dive into the next workout. Core Synergistics Length: 58 minutes Equipment needed: yoga mat and dumbbells or resistance bands This workout is a series of exercises that both strengthen your core and improve your metabolic conditioning. The moves are very dynamic — you won't be sitting on the floor doing countless sit-ups. You'll need a pair of dumbbells for this workout, but keep them light (around 10 pounds or less). Chest, Shoulders and Triceps Length: 57 minutes Equipment needed: power stands, yoga mat and dumbbells or resistance bands There are 24 total moves in this workout, using your arms so much they might feel like noodles afterward. The pectorals (chest), deltoids (shoulders) and triceps all work in tandem to push things away from your body, so expect to do plenty of push-up variations in this workout. Back and Biceps Length: 52 minutes Equipment needed: chin-up bar and dumbbells or resistance bands This workout hits the upper-body muscles the previous session left out — the back and biceps. These two work well together to help you pull things in toward your body, like you would in a pull-up. That's why there are plenty of pull-up and chin-up varieties in the video. Cardio X Length: 43 minutes Equipment needed: yoga mat and dumbbells or resistance bands This workout combines all the cardio elements of other P90X workouts to keep things interesting and motivating. There's a yoga section, some kenpo moves and even part of the core synergistics workout. Ab Ripper X Length: 16 minutes Equipment needed: yoga mat This workout is short, sweet and to the point. You're going to focus all the attention on your abs as you follow Horton through this grueling routine. Most of the moves are variations on sit-ups and leg raises, meaning that for the most part, you'll be lying on your back. P90X has been around for almost 15 years and boasts a fan club of celebrities for one good reason: It works. An abbreviation for Power 90 Extreme, the 90-day program was developed by fitness guru Tony Horton as a way to build muscle and burn fat by introducing new moves that challenge the body every session. P90X covers its bases, offering elements of strength training, cardio, yoga, plyometrics, and martial arts in a series of 12 different workouts that you rotate through during the 13-week program. One of the program's main appeals is its versatile, do-anywhere set-up. You can follow along via DVD in your living room, and most of the workouts use body-weight resistance (a few call for resistance bands or dumbbells), so you don't need any fancy equipment. P90X touts what it calls "muscle confusion" as the centerpiece to its effectiveness: By doing multiple variations of short, high-intensity moves, the body never gets settled into a routine and therefore theoretically will never plateau (that annoying part of exercise where you're doing the same workout as always but no longer seeing improvements in your fitness because your body has gotten used to the effort). Probably the biggest caveat with P90X is the relatively high level of base fitness you need before initiating the program. The system call for 6 days a week of workouts, a single session can last for more than an hour, and there is very little rest built into the workouts — part of its success comes from the fact you are constantly working hard. So if you're looking for a couch-to-5k type of deal, this ain't it. But unlike other 20-minute workouts, if you're reasonably fit and looking to take things to the next level, this one's for you. While the official P90X site includes a nutritional plan along with the exercises, let's just say it follows basic sensible eating guidelines, with an emphasis on lean protein, fewer fats, and more complex carbs. So, you know, eat like the pro athlete you wish you were, and follow the routine below — a similar workout to the official plyometrics P90X one — to get fitter and stronger in 90 days. The 20-Minute P90X Starter Workout Do each of the exercises below as a circuit. Repeat the full circuit three times. Jump Squats Squat. Jump. Repeat 20 times. Running Lunges Lunge forward with each leg in big, deep steps four times. On the fourth lunge, swing your back leg forward and jump vertically like you're shooting hoops. Return to lunging. Do 10 times. Side Jumps Cross your left leg over your right leg, then swing both legs out the right side, knees bent, as you jump the air. 10 side step-jumps right, then 10 to the left. Swing-Overs Face a chair or bench so that you are standing just to the left of the object. Raise your right leg and swing it over the top of the chair. Shift your weight to the right side and swing your left leg over to follow. Reverse direction. Do 20 swing-overs. Box Jumps Face the bench or chair again (make sure it's sturdy). Bend knees, the spring up onto the platform or seat. Jump back down. Go up and down 20 times. Twist Jumps Bend knees and wind arms up over to the left side. Release arms and jump to the right, twisting your body 180 degrees. Bend knees and wind arms to the right side. Release and jump a half-turn to the left. Do 10 twist-jumps to both sides. Squat Jacks Two minutes of jumping jacks, except instead of landing normally, every time your feet touch the ground, you squat. High-Knee March Two minutes of marching in place, raising your knees as high as you can with each step. Leapfrog Like the game you played as a kid, this exercise starts with you crouching down, fingertips touching the floor. Stretch your arms out in front of you, then spring off your legs to catapult your body forward and into the starting crouch position. 10 leapfrogs, then turn around and do 10 back to the start. Fast-High Feet Like a football drill, you start this exercise by taking mini, rapid steps forward for 10 seconds, moving your feet as fast as you can. Then take slow, giant steps backward for 10 seconds, lifting your knee as high as possible with each step. Do three times. Standing High-Knee Jump Stand, bend knees slightly, jump in air tucking knees to chest. 20 jumps. Square Run Place a bath towel flat on the floor. Keeping your head and upper body facing forward, take extremely small, fast steps and run your way around the towel perimeter. Do for one minute, then switch direction for one minute, maintaining a forward-facing upper body the entire time. dad bod exercise Weight Loss workout workouts

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