

# P90X<sup>®</sup> EXTREME HOME FITNESS

with Tony Horton



Created for those seeking a higher level of fitness, P90X features 12 comprehensive and demanding workouts—each designed with a specific fitness objective.



- 01 CHEST & BACK
- 02 PLYOMETRICS
- 03 SHOULDERS & ARMS
- 04 YOGA X
- 05 LEGS & BACK
- 06 KENPO X
- 07 X STRETCH
- 08 CORE SYNERGISTICS
- 09 CHEST, SHOULDERS & TRICEPS
- 10 BACK & BICEPS
- 11 CARDIO X
- 12 AB RIPPER X

Plus the "How to Bring It" Instructional DVD

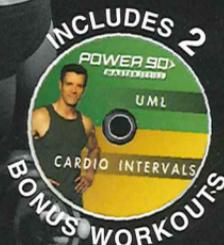


Warning: Consult your physician before you begin this or any other exercise program.

PKG DVD P90X3 Rev. 01/13/09

## THE WORKOUTS

# EXTREME HOME FITNESS



## The Workouts

12 EXTREME TRAINING ROUTINES

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