

“BEFORE” AND “AFTER” PHOTOS The more you show, the more you’ll know. Wear a swimsuit, underwear, or something comparable so you can see where you need the work, and where you’re making progress. Don’t be afraid to show some skin. These photos are great motivators. Be sure to take your first series of photos prior to day 1, following these simple guidelines:

- 1 Use a plain background if possible.
- 2 Take a few front shots (hands on hips, “biceps flex” muscle pose), a few side shots (hands at sides), and a few back shots (hands on hips, “biceps flex” muscle pose).
- 3 Don’t suck it in or push it out. You want a true reflection of your body’s appearance. This is not just a “before” photo, it’s a goodbye photo. The P90X train is about to leave the station, and that body is going to leave some luggage behind. “Whoop Whoop!”
- 4 Repeat this process after Phase 1, after Phase 2, and after Phase 3 to chart your visual progress.
- 5 Visit **Beachbody.com/P90X**, or if you’re a member of the Team Beachbody community, go to **TeamBeachbody.com**, to create a profile page and post your photos online.

TAKE THE FIT TEST Before starting an extreme fitness program like P90X, it’s important to know where you stand and if your current fitness level is adequate. Providing an honest assessment of your abilities and your mind-set will allow you to take advantage of your strengths and overcome your weaknesses.

We ask that you complete the equivalent of Power 90® or Slim in 6® before you begin. But if you’re unfamiliar with these programs, we’ve set some guidelines for you to follow. If you can’t do what is listed below, you’ll see better results by doing another exercise program before you take on P90X. So if you can’t finish the Fit Test, do Power 90. You’ll get great results, and then be able to come back and crush P90X.

important note

Do this test a few days before your official “day 1.” The P90X Fit Test takes approximately 40 minutes to complete. Be sure to consecutively perform all the exercises in the order they appear. Keep up with the timing, and make a note if you do anything differently; you will repeat this Fit Test when you complete P90X, so it is vital that you are able to do it the same way, in the same order. That way you’ll get a true indication of the improvements you’ve made. Pay attention, and be honest with yourself.

WHAT YOU WILL NEED TO TAKE THE FIT TEST

- _Heart rate monitor
- _Body fat tester or caliper
- _Tape measure
- _Scale (calibrate to 0.0 lbs.)
- _Partner to help record data (optional)
- _Chin-up bar (securely installed)
- _Timer (stopwatch or watch with second hand)
- _Towel
- _Water
- _Your “Bring It” game face

THE FIT TEST

resting heart rate

You'll want to monitor your morning resting heart rate throughout this program. This is a good indicator of your overall cardiovascular fitness. If possible, take your resting heart rate as soon as you wake up (BEFORE GETTING OUT OF BED). Over the course of the program, your resting heart rate should drop. If it goes up a few days in a row, you may be overtraining or getting sick.

Put on your heart rate monitor. Be sure it is secure and working correctly before beginning. Try to be as relaxed as possible when taking this reading. Remain calm and quiet for 2 minutes, then record your resting heart rate below.

HOW TO TAKE YOUR RESTING HEART RATE

If you don't have a heart rate monitor, take your pulse from either your neck or wrist, and count the beats for 30 seconds. Multiply by two to get your resting heart rate.

Heart rate Prior to **DAY 1:** _____

Heart rate After **DAY 90:** _____

That was the easy part . . . most likely you passed that.

NOW WARM UP:

Now take about 10 minutes to warm up. Start by marching in place, then do any low-impact movements you like (jumping jacks, light jog in place, etc.) until you build up a light sweat, then stretch out lightly. You never want to work "to failure" when you're cold and tight. The warm-up on Power 90 Cardio 3-4 through the yoga moves is a good way to get you ready.

1_PULL-UPS

maximum number of pull-ups to failure

Grasp your chin-up bar using wide grip (palms facing forward, away from body, two fists wider than shoulders). From a hanging position, pull body up smoothly until chin clears the bar. Lower body back down, being sure to straighten the arms, and repeat without bouncing up. Don't be discouraged if you are not able to do very many. Do as many as you can, to "failure."*

Record the number of pull-ups you can do here. (If you're only able to do 1/4, 1/2, or 3/4 of a pull-up, go ahead and record it anyway.)

*TO FAILURE?

Physically "to failure" is when your body stops you by not being able to go any further without causing injury. Do not force past failure.

Prior to **DAY 1:** _____

After **DAY 90:** _____

P90X Minimum_

Should be able to do at least 3 pull-ups if male, 1 pull-up if female. However, many people won't be able to do any pull-ups when starting P90X. You'll get more out of the program if you can do pull-ups, but you can substitute by using the B-LINES Resistance Bands with the door attachment for pull-downs, which are demonstrated as an alternative in the videos.

REST 1 MINUTE BEFORE GOING ON TO THE NEXT EXERCISE.

2_VERTICAL LEAP

Stand sideways with shoulder against wall and raise arm straight overhead against the wall. Record that height here.

Prior to **DAY 1:** _____

After **DAY 90:** _____

jump with step

Then lower arm, take JUST ONE STEP back and proceed to jump straight up, trying to touch highest point on wall (no gathering up a head of steam prior to your jump—think “jump ball”). Record that height here.

Prior to **DAY 1:** _____

After **DAY 90:** _____

Subtract the first measurement from the second; that is your vertical leap. Record your vertical leap inches here.

Prior to **DAY 1:** _____

After **DAY 90:** _____

P90X Minimum_ Should have a vertical leap of at least 5 inches if male, 3 inches if female.

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

3_PUSH-UPS

maximum number
of push-ups
to failure

Put down something soft, about 2 or 3 inches high (pillow or cushion), to make contact with chest on each rep. Be sure to keep body straight with hands at “normal” push-up width.

Record number of push-ups performed to failure here.

Prior to **DAY 1:** _____

After **DAY 90:** _____

P90X Minimum_ Should be able to do at least 15 if male, 3 if female (or 15 push-ups off your knees).

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

4_TOE TOUCH

flexibility test

You will need a ruler or tape measure for this test. Sit on floor with legs extended directly in front of you. Bend forward at waist and extend arms over legs towards toes. Don't bend knees. See how close you can get fingertips to toes. If not able to reach, measure the distance from fingertips to toes. If able to extend fingers beyond toes, measure how much further fingers reach beyond toes. Do not strain or force this.

Record distance from fingertips to toes here.

Use a "-" if not able to reach toes (e.g., -3 inches)
or a "+" if reaching beyond toes (e.g., +3 inches).

Prior to **DAY 1:** _____

After **DAY 90:** _____

P90X Minimum_

Reach should be no less than 6 inches from your toes, or a "-6."

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

5_WALL SQUAT

isolating quad/
leg strength

Place back flat against wall and lower your body into a seated chair position (quads parallel to the floor, feet directly below knees (think 90-degree angle here). Start timer as soon as you get into the chair position. Breathe through the discomfort and hang in there until you can't hold yourself up any longer (i.e., to failure). Be sure NOT to place hands on wall or "scoot" with shoulders. You can slide down slowly as you get tired, but once your butt touches the floor, time's up.

Record exact time able to hold wall squat here.

Prior to **DAY 1:** _____ number _____ weight _____

After **DAY 90:** _____ number _____ weight _____

P90X Minimum_

Should be able to hold wall squat for at least 1 minute.

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

Choice of weight is important for this exercise. A somewhat heavier weight will be more effective in helping you determine your results on day 90—think of the weight at which you will max out at 10–15 reps. Men should consider a minimum of 20 lbs. and women should consider a minimum of 8 lbs. (see minimum below).

6_BICEP CURLS

front-facing curls

Extend arms straight down in front of body, palms forward. Be sure that arms are fully extended between each curl. Using both arms at the same time, perform as many curls as you can until failure. Don't rock or cheat, and no breaks longer than 1 second between reps.

Record number of curls completed and weight used here.

Prior to **DAY 1:** number weight

After **DAY 90:** number weight

P90X Minimum_ Should be able to do at least 10 curls with 20 lbs. if male; at least 10 curls with 8 lbs. if female.

REST 3 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

7_IN & OUTS

the ab test

Starting position: Seated with hands on the floor at your sides, knees bent with feet on the floor. Raise feet off the ground and bring knees in towards your chest. Straighten legs back out and repeat movement without touching floor.

Record number of in & outs performed here.

Prior to **DAY 1:** _____

After **DAY 90:** _____

P90X Minimum_ Should be able to do at least 25.

REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE.

8_ HEART RATE MAXIMIZER

You will now perform jumping jacks nonstop for 2 minutes at a quick and steady pace. During the final 30 seconds, you will go as fast as you can to maximize your heart rate. When you finish, be prepared to measure your heart rate over a span of 4 minutes. Should be able to finish the test standing and able to breathe.

Step 1: 2 minutes at quick and steady pace—last 30 seconds are at sprint.

Step 2: Record heart rate immediately after jumping jacks here.

Prior to **DAY 1:** _____

After **DAY 90:** _____

Step 3: Heart rate 1 minute from stopping here.

Prior to **DAY 1:** _____

After **DAY 90:** _____

Step 4: Heart rate 2 minutes from stopping here.

Prior to **DAY 1:** _____

After **DAY 90:** _____

Step 5: Heart rate 3 minutes from stopping here.

Prior to **DAY 1:** _____

After **DAY 90:** _____

Step 6: Heart rate 4 minutes from stopping here.

Prior to **DAY 1:** _____

After **DAY 90:** _____