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[The P90X Fit Test - Beachbody - Healthy Living](#)

The Fit Test (Excerpted From The P90X Fitness Guide) TM. P90X GuideBook/ Beachbody.com / 8.5â€ (w) ... R E S T 1 Minute Befo Re Going On To The Next Exe Rc I S E .

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Â© 2015 Beachbody, LLC. All Rights Reserved. ... TAKE THE NEXT STEP â€ P90X Â© AND P90X2 ... P90X And P90X2 Are There To Help You Take The Next Step.

[P90x Classic, P90x Doubles, P90x Lean Workout](#)

P90x Classic, P90x Doubles, P90x Lean Workout Your Copy Of The Full P90X Lean Workout Schedule Is On The Next Page. ... If You Purchase From The Official Beachbody Site

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Repeat This Fit Test When You Complete P90X, ... 5 Beachbody.com/P90X, ... REST 4 MINUTES BEFORE GOING ON TO THE NEXT EXERCISE. P90X Minimum_

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P90XÂ© HYBRID WORKOUT SHEET In The Space Provided Next To The Workout, Enter The Number Of Reps You Completed And The Weight You Used (if Applicable).

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P90X2 Is The Next Wave In Applied Science ... Is The Owner Of The P90X2, P90X, P90X ONE ON ONE ... And Team Beachbody Trademarks, And All Related Designs ...

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