

I'm not robot!

First off, I love the P90X Shoulders and Arms workout. It is probably one of my favorites. As a woman, having a strong upper body is fantastic: 1) It gives you more of an hourglass figure if you have curvy hips and a smaller waist, and 2) Strong, lean muscles always are sexy (at least in my book). I'm going to apologize right off the bat on something about the video: I look very serious and dramatic. In short, I don't look happy. I'll work on that. I am much happier and am enjoying the workout much more than it appears, so in the future, smiles will be a bit more front and center. Another disclaimer: I'm 5' - 2' and 125ish pounds. I've always felt that I resemble more of a Labrador than a Greyhound and part of me feels that the video makes me look a little beefy. I may actually look beefy in real life, but I've been told that isn't true. Depending on who you want to believe, I don't think I'm really as beefy as I may look on the workout video. Again, remember that the video cuts out the warm up, stretching, intermittent cardio breaks, and the cool down that is part of this workout. Further, the P90X Shoulders and Arms workout repeats and I haven't shown that either. Here is the P90X Shoulders and Arms workout video for your enjoyment: I realize I didn't list out the shoulder exercises and arm exercises last time, so here they are for reference. Again, this workout repeats each group twice: Group 1 Alternating Shoulder Press In & Out Bicep Curl Two-Arm Triceps Kickback Group 2 Deep Swimmer's Press Full Supination Concentration Curl Chair Dip Group 3 Upright Row Static Arm Curl Flip-Grip Twist Triceps Kickback Group 4 Seated Two-Angle Shoulder Fly Crouching Cohen Curl Lying-Down Triceps Extension Group 5 In & Out Straight-Arm Shoulder Fly Congdon Curl Side Tri-Rise What do you think? Do you like what you see? Want to try P90X? Buy the P90X Extreme Home Fitness Workout Program here. Like what you see? Sign up for updates...It's FREE! Sign up here My P90X Review for Shoulders & Arms is a week overdue. I had originally planned this review to roll out last week. My delay came in the form of a 6 year old little girl, and a 4 year old little boy. My daughter started tee ball last week, and my son started soccer. So now we are running our kids in two different directions. At such a young age, its not much of a "sporting event" but I enjoy watching them get some play time outside and extra exercise. Tonight, my wife is on soccer duty, and this gives me some extra time to get this review finished! P90X Shoulders and Arms is one of my all time favorite P90X workouts. It just has that "weight lifting" feel, the exercises are basic, and get the job done. When you finish this workout, your arms are likely to feel "very tired". As soon as you finish, you might have a different word. Let's jump right into the review.P90X Reviews: Shoulders and Arms.This workout is approximately 60 minutes in length (if you complete the bonus round). Otherwise the workout is approximately 50 minutes. Tony Horton runs you through about a 3 minute warm up, followed by a stretch which lasts approximately 7 minutes. The workout consists of 4 rounds, and an optional Bonus Round. So if you complete the bonus round, the main part of the workout is about 45 minutes. Since the bonus round is 10 minutes, if you skip it, your workout is about 35 minutes. Depending on what you decide, if you finish the 4th round and opt to skip the bonus, just fast forward to the 4 minute stretch and cool down. If you complete the bonus round, just let the DVD run all the way through.A couple things to remember for this workout. Set a goal for your reps. If you goal is to get some size, you want between 8 and 10 reps. If you want to get lean, your rep range is between 12 and 15. Regardless of what your rep range is, you want the last 3 reps to be hard. This is where you will see improvements. For example, if you have a rep range of 8 to 10 reps, and you get to 10 reps, and find you could do a few more reps, DO THEM. Don't consider it a "mission accomplished" and set the weights down. Do at least 2 more reps. This is where your P90X Worksheets come in. Track your progress, this is so important! Because on your next set, you want to up your weight. If you didn't reach your goal of 8 to 10, then you want to make a note to lower your weight. Do you see how important tracking your reps/weights is? Of course this applies to both ranges, it doesn't matter if you are 8-10 or 12-15, the same concept applies.While completing this workout, you may find that you set a goal for 8 reps, and get to 6 and find that you are going to fall short of your goal. You have a few choices. 1. Set the weight down, and mark it accordingly on your worksheet. Next time, lower your weight so you can reach your goal. 2. You can set the weight down and grab a lighter weight to finish your reps, note it on your worksheets for next time. And 3. You can pause at the bottom of your rep, and rest a second. Then try to finish out one to two more reps. You might even have a "cheat rep". A cheat rep is where you have a little body movement, and your form isn't perfect. This is "OK" for a rep or two, but when it starts to get real ugly, you're done.Below you will see the exercises for each round. Each round is repeated twice. So you will do Round 1 twice, then proceed to round 2. Etc etc. My review here is not so you can skip the DVD. Tony comments on technique, gives advice, and suggestions throughout the workout. It's also the best way to stay on track. Like when you go to the gym. You do a set of exercises, then rest, visit with other people in the gym, then do another exercise. You spend more time talking, resting, "people watching", etc than anything else. The workout takes too long, you have rested too much, and the whole process was not near as effective as it could have been. I always follow the DVD, no matter how many times I do the workout. You might be getting tired of my idle chit chat, so on to the workout.Round 1.Alternating Shoulder Presses.In & Out Bicep Curls.Two Arm Tricep Kickbacks.Round 2.Deep Swimmer's Presses.Full Supination Concentration Curls.Chair Dips.Round 3.Upright Rows.Static Arm Curls.Flip-Grip Twist Kickbacks.Round 4.Two Angle Shoulder Flies.Crouching Cohen Curls.Lying Down Tricep Extensions.Bonus RoundIn & Out Straight Arm Flies.Congdon Curls.Side Tri-Rises.I hope you have found some useful information in this review. And I hope you love Shoulders & Arms as much as I do. It really is a great workout! Don't forget, track your progress! P90X Worksheets and/or the advanced excel P90X worksheets.You can watch all of the videos by visiting our P90X Videos page.As always, if you have questions, comments, or if you would like to send us your P90X Review or Success Story, you can contact us here. Be sure to check back for our next review, or subscribe to receive our blog in your email.90 Day Money Back Guarantee! Tony Horton and his coaches lead you through the P90X videos. Image Credit: Terry Wyatt/Getty Images Entertainment/Getty Images Tony Horton, the mastermind behind Beachbody's P90X workout program, calls the arms and shoulders the "glamour muscles." After all, they're the ones you pump up and define to show off your fitness. The P90X arms and shoulder workout appears on Disc three in the 12-workout series. Do five comprehensive circuits, each containing one exercise each for the shoulders, biceps and triceps, in that order. Go through each circuit twice with no break before moving on to the next. Between each of the five circuits you'll do a short 30- to 40-second ballistic stretch. Before You Begin Start with the standard P90X warmup. It usually consists of jacks, arm circles, leg swings and knee pulls. The intention is to give your joints and muscles a little time to prepare for harder effort. This deters injury and helps you work harder during the true effort of the workout. The warm up takes 7 to 9 minutes total. Circuit One Circuit one consists of an alternating shoulder press, in and out biceps curls and two-armed triceps kickbacks. The exercises are simple, as soon as you know how to do them. You visit each exercise for 30 to 60 seconds, the video guides you through the exact time for each move. Alternating Shoulder Press: Stand with your feet hip-distance apart, a dumbbell in each hand and hands by the shoulders facing forward. Push one arm up over head and lower, repeat with the other. Alternate for the whole 50 seconds. In and Out Biceps Curls: Stand with a barbell grasped with an underhand grip in each hand. Your palms face forward as your arms extend in front of your thighs. Curl the barbells up to the shoulders and lower back down, then rotate your arms to face toward the sides of the room and perform a curl. Alternate for the duration of the exercise period. Two-Arm Triceps Kickback: Stand and hinge forward from the hips. Holding a dumbbell in each hand, bring your upper arms alongside your ribs, elbows bent. Extend and bend your elbows to activate the backs of the upper arms. Circuit Two Each circuit offers variety. Visit this one after a short stretch. Deep Swimmer's Presses: Stand with your feet hip-distance apart with a dumbbell in each hand and arms extended alongside your hips. Curl the dumbbells up to your shoulders with an underhand grip. Continue to press the weights overhead as you rotate the palms to face forward. Bring the weights back down in the same pattern. Full Supination Concentration Curls: Stand and hold a dumbbell in each hand, arms alongside your thighs, with palms facing your body. Curl the weight up, one at a time, palm still facing your torso. The weight comes to the middle of your chest. Pause the move for a moment at the top of each curl. Chair Dips: Use a regular chair or bench and place your hands on the seat, fingers facing your feet. Extend your legs out as far as you are able and hover your buttocks off the seat. Bend and extend your elbows to perform the dips. P90X can get you into serious shape. Image Credit: Ibrakovic/iStock/Getty Images Circuit Three Stretch your arms and shoulders for about 30 seconds before visiting this circuit two times through. Upright Rows: Stand holding a dumbbell in each hand, arms extended in front of your thighs. Bend your elbows to pull the weights up to your chest; the elbows point out to the sides of the room as you lift up. Stop when the weights are just below your chin and lower down to complete one rep. Static Arm Curls: Stand with a weight in each hand. Bend your left elbow to 90 degrees and lock the upper arm by your ribs. Hold the left arm there as you do four basic biceps curls on the right; then switch so the right arm is static and the left arm curls four times. Alternate for the minute or so of the segment. Flip-Grip Twist Triceps Kickbacks: Hinge forward slightly from your hips and, with a dumbbell in each hand, bend your elbows up by your torso. Extend and bend your elbows back to perform a kickback, but "flip" your grip each time your arm extends to the back of the room so that your palm faces the ceiling. Circuit Four The muscles of your arms and shoulders are likely fatiguing as you're entering the home stretch. Just like any of the previous circuits, you stretch 30 seconds or so before tackling this sequence two times through. Seated Two-Angle Shoulder Flies: Sit down in a chair, a weight in each hand, and bend forward from the waist. Have your palms face in as you open your arms to the sides of the room to squeeze your shoulder blades together, then lower them back down. Rise upright and bring the weights up parallel to the floor with straight arms to do a lateral raise. Alternate for the duration of the circuit. Crouching Cohen Curls: Hold a dumbbell in each hand and bend your knees and hips so that you rest your elbows against your knee caps, arms straight. For more support, brace your buttocks against a blank wall. Curl your arms up to your shoulders and back down, maintaining the crouched position throughout. Lying Down Triceps Extensions: Also known as skull crushers, you lie down on your back to do this move. Hold a dumbbell in each hand and extend the arms above your face, palms facing each other. Bend and extend your elbows so the weights come just beside your temples. Circuit Five The final set of exercises in your P90X arms and shoulders workout is followed by a short cool down that includes light jogging, jump roping and arm swings. In and Out Straight Arm Shoulder Flies: Stand with a dumbbell in each hand, arms extended in front of your thighs. Raise your arms parallel to the floor for a front raise, then raise your arms to the sides of the room for a lateral raise. Alternate for the whole segment. Congdon Curls: Stand with a weight in each hand, arms extended in front of your thighs and palms facing forward. Curl the weight up to your shoulder and turn the palms to face each other as you lower back down. Return the palms to forward facing before repeating the curl. Side Tri-Raises: Use no weights for this move. Lie on your side with your legs extended and hips stacked. Bend your bottom arm across your chest to rest on your top shoulder. Place your top arm's palm on the ground. Bend and extend the elbow of the grounded arm as you lift your torso up and down in a side crunch-like manner. Your triceps should fatigue. Switch sides when you visit this circuit the second time through.

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