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.

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.

**TAKE THE FIT TEST**

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**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
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.

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**

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.)

Prior to **DAY 1:**

After **DAY 90:**

*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.

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_VERTIAL 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.

Learn about other workouts here: www.onesteptoweightloss.com
4_TOE TOUCH

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

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.

Learn about other workouts here: www.onesteptoweightloss.com
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  

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 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.

_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:**

P90X Minimum: Be able to finish the 2 minutes of jumping jacks.

Learn about other workouts here: [www.onesteptoweightloss.com](http://www.onesteptoweightloss.com)
Analyzing Your P90X Fit Test Results

I have little doubt that you’re looking into the P90X Fit Test because you want to do P90X or another of the P90X fitness family workouts.

However, before you can do any workout, you needed to find out where you currently are physically. Here are your options...

**Power 90** – If you had trouble doing the P90X Fit Test, then Power 90 will be your best option. After a round or two of Power 90, then you can move onto another workout like P90X or P90X3. Order Power90 Below:

![Power 90 Ad](image)

**P90X** – If you felt pretty good with your P90X Fit Test then P90X will be great for you. You may be weak on some of the exercises in the P90X Fit Test but you will improve. The best part of P90X is that Tony gives great and specific instructions on how to not only modify the move to be easier but also how to challenge yourself further. Order P90X Below:

![P90X Ad](image)

**P90X3** – You do not need to complete P90X nor P90X2 in order to do P90X3. However, it’s strongly recommended that you feel comfortable with the P90X Fit Test. Yes, P90X3 offers a modifier like P90X but the modifier in P90X3 often forgets to do the modified move and sometimes does the advance move instead. Additionally, Tony Horton doesn’t take much time to help you know the proper form like he does in P90X.

P90X3 will be tough to follow for beginners but not impossible. If you want another 30 Minute exercise, check out Focus T25 or 21 Day Fix.... If you’re ready, Order P90X3 Below:

![P90X3 Ad](image)

**P90X2** – P90X2 is a whole different Beast. It’s highly recommended that you go through a round of P90X first or already be an athletic person before attempting P90X2. P90X2 builds heavily on what you have already accomplished with P90X or even P90X3. However, if you feel like you did a great job with the P90X Fit Test, then you are welcome to try out P90X2. Order P90X2 Below:

![P90X2 Ad](image)

Learn about other workouts here: [www.onesteptoweightloss.com](http://www.onesteptoweightloss.com)