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**P90X** WORKSHEET • CHEST & BACK • DISC 1

DATE / WEEK						
Warm-Up (2:30 + 4:30)						
01 CHEST - Standard Push-Ups	R	_____	R	_____	R	_____
02 BACK - Wide Front Pull-Ups	R	_____	R	_____	R	_____
03 CHEST - Military Push-Ups	R	_____	R	_____	R	_____
04 BACK - Reverse Grip Chin-Ups	R	_____	R	_____	R	_____
Water Break (0:47)						
05 CHEST - Wide Fly Push-Ups	R	_____	R	_____	R	_____
06 BACK - Closed Grip Overhand Pull-Ups	R	_____	R	_____	R	_____
07 CHEST - Decline Push-Ups	R	_____	R	_____	R	_____
08 BACK - Heavy Pants	R	_____ W	R	_____ W	R	_____ W
Water Break (0:47)						
09 CHEST - Diamond Push-Ups	R	_____	R	_____	R	_____
10 BACK - Lawnmowers	R	_____ W	R	_____ W	R	_____ W
11 CHEST - Dive Bomber Push-Ups	R	_____	R	_____	R	_____
12 BACK - Back Flies	R	_____ W	R	_____ W	R	_____ W
Water Break (1:04)						
13 BACK - Wide Front Pull-Ups	R	_____	R	_____	R	_____
14 CHEST - Standard Push-Ups	R	_____	R	_____	R	_____
15 BACK - Reverse Grip Chin-Ups	R	_____ W	R	_____ W	R	_____ W
16 CHEST - Military Push-Ups	R	_____	R	_____	R	_____
Water Break (1:00)						
17 BACK - Closed Grip Overhand Pull-Ups	R	_____	R	_____	R	_____
18 CHEST - Wide Fly Push-Ups	R	_____	R	_____	R	_____
19 BACK - Heavy Pants	R	_____ W	R	_____ W	R	_____ W
20 CHEST - Decline Push-Ups	R	_____	R	_____	R	_____
Water Break (0:37)						
21 BACK - Lawnmowers	R	_____ W	R	_____ W	R	_____ W
22 CHEST - Diamond Push-Ups	R	_____	R	_____	R	_____
23 BACK - Back Flies	R	_____ W	R	_____ W	R	_____ W
24 CHEST - Dive Bomber Push-Ups	R	_____	R	_____	R	_____
Cool Down (2:22) <span style="float: right;">R reps, W weight</span>						

**Equipment Required** • Weights or resistance bands  
 • P90X® Chin-Up Bar  
 (+ Chin-up Max, if you struggle with pull-ups)  
 • Bench or chair

**Post-Workout Nutrition**  
 Get better results and recover faster! No more than 1 hour after exercise, drink 12 ounces of water mixed with 2 scoops of P90X Results and Recovery Formula®.  
 Need more P90X worksheets? Go to [P90Xworksheets.com](http://P90Xworksheets.com)

11. Given  $f(x) = 5x - 4$ , find the value of  $x$  if  $f(x) = 31$

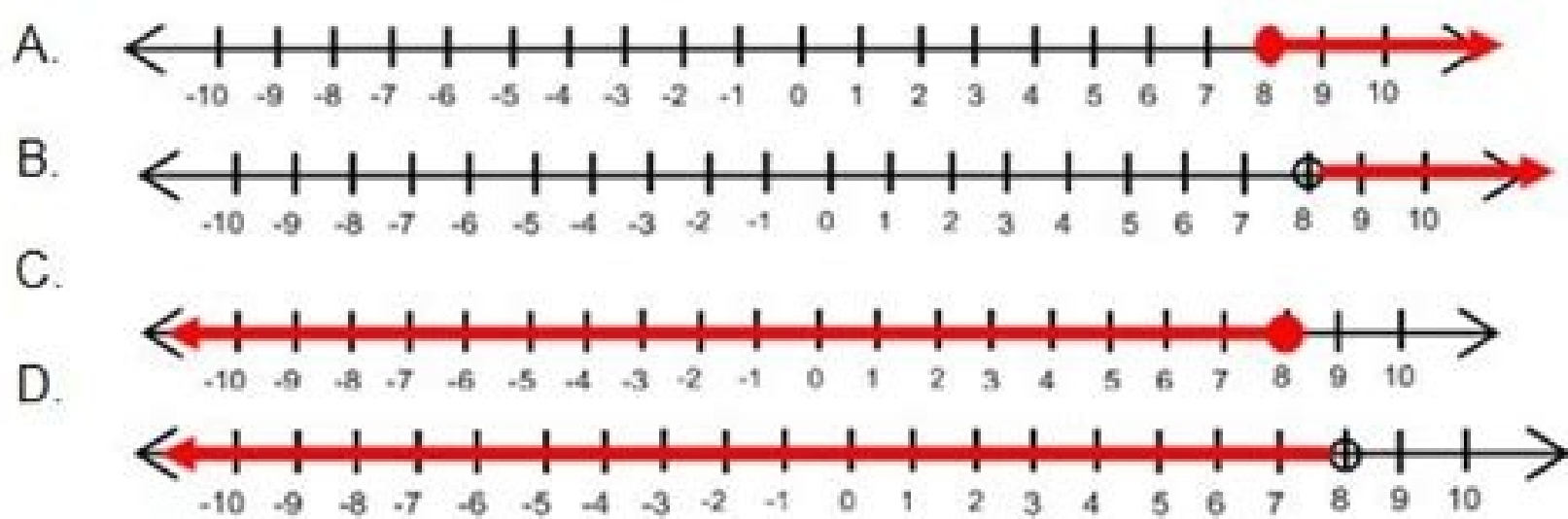
- A. 7  
 B. 27/5  
 C. 151  
 D. -7

12. Which answer best describes the number of solutions for the following system of equations?

$$\begin{aligned} 4x + y &= 5 \\ 8x + 2y &= -6 \end{aligned}$$

- A. 1 solution  
 B. 2 solutions  
 C. no solutions  
 D. infinitely many solutions

13. Which graph best represents the solution set of:  
 $15 - 2(x+3) < -7$ ?



Actuarial Society of India  
**EXAMINATIONS**  
 21<sup>st</sup> May 2007  
 Subject CT1 - Financial Mathematics  
 Time allowed: Three Hours (10:00 - 1:00 P.M.)  
 Total Marks: 100

**INSTRUCTIONS TO THE CANDIDATES**

- Do not write your name anywhere on the answer sheet. You have only to write your Candidate's Number on each answer sheet.
- Mark alternatives as shown in brackets.
- Attempt all questions, beginning your answer to each question on a separate sheet. However, answers to algebraic type questions should be written on the same sheet.
- Enter your answer sheet together in numerical order of questions. This can only be completed immediately after expiry of the examination time.
- In addition to this paper you should have available graph paper, Actuarial Tables and an electronic calculator.

**Professional Conduct:**  
 It is required that you adhere to a standard code of professional conduct as set by the Professional Conduct Institute. If you are found to be in breach of this code you may be subject to disciplinary action. It is your responsibility to ensure that you are fully conversant with the provisions of the code of conduct and to ensure that you comply with the code at all times.

Candidates are advised that a reasonable standard of handwriting is required by the examiners and that candidates may be penalised if their entries are illegible or difficult to interpret.





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