

P90x Program Guide

Paul Ryan

fitness program called P90X. He has always been a fitness enthusiast and was a personal trainer after graduating from college. Speaking of P90X he said

Paul Davis Ryan (born January 29, 1970) is an American politician who served as the 54th speaker of the United States House of Representatives from 2015 to 2019. A member of the Republican Party, he was the party's vice presidential nominee in the 2012 election running alongside Mitt Romney, losing to President Barack Obama and Vice President Joe Biden.

Ryan is a native of Janesville, Wisconsin, and graduated from Miami University in 1992. He spent five years working for Congress in Washington, D.C., becoming a speechwriter, then returned to Wisconsin in 1997 to work at his family's construction company. He was elected to Congress to represent Wisconsin's 1st congressional district the following year, replacing Mark Neumann, who had vacated the seat to run for U.S. Senate. Ryan went on to represent...

Trumbull, Connecticut

About It" Tony Horton, actor, personal trainer and creator of p90x home fitness program Harvey Hubbell (1857-1927), inventor Joseph Judson (1619-1690)

Trumbull is a town located in Fairfield County, Connecticut, United States. The town is part of the Greater Bridgeport Planning Region, and borders on the cities of Bridgeport and Shelton, as well as the towns of Stratford, Fairfield, Easton and Monroe. The population was 36,827 during the 2020 census. The Trumbull area was the home of the Golden Hill Paugussett Indian Nation for thousands of years before the English settlement was made in 1639.

After independence, the successful American Yankees named the town after one of their own, Jonathan Trumbull (1710-1785), a merchant, Patriot (American soldier) and statesman. Aviation pioneer Igor Sikorsky lived in Trumbull

during his active years, when he designed, built, and flew fixed-wing aircraft and put the helicopter into mass production for...

Stuart Scott

14, 2013. After chemotherapy, Scott would do mixed martial arts and/or a P90X workout regimen. By 2014, he had undergone 58 infusions of chemotherapy and

Stuart Orlando Scott (July 19, 1965 – January 4, 2015) was an American sportscaster and anchor on ESPN, including on SportsCenter. Known for his hip-hop style and use of catchphrases, Scott was also a regular for the network in its National Basketball Association (NBA) and National Football League (NFL) coverage.

Scott was born in Chicago and resided in the back of London Towne Houses on Chicago's Southeast side. After relocating to North Carolina in his youth, Scott graduated from the University of North Carolina at Chapel Hill. He began his career with various local television stations before joining ESPN in 1993. Although there were already accomplished African-American sportscasters, his blending of hip hop with sportscasting was unique for television. By 2008, he was a staple in ESPN's...

Wikipedia:WikiProject Conservatism/Collab

Personal life section "Ryan pursues an intense cross-training fitness program called P90X. He is careful about what he eats and has made close to 40 climbs

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scant, it could be merged to P90X. Citrivescence (talk) 17:29, 24 January 2019 (UTC) Keep

The company is best known for P90X which was a workout fad about - Recent AfDs: Today Yesterday August 25 (Mon) August 24 (Sun) August 23 (Sat) More...

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used to support There are several programs associated with the Power 90 name. Currently for sale are P90, P90X, P90X+, P90X One - This is an archive of past discussions on Wikipedia:Reliable sources/Noticeboard. Do not edit the contents of this page. If you wish to start a new discussion or revive an old one, please do so on the current main page.

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wrote provides good information about the program and if you find more substantial information about p90x regardless of what it is please give interested

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