



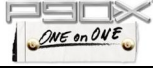
DATE / WEEK						
Round 1	01 <u>Squat</u> - Wide Stance Side to Side Target - 40	R _____	R _____	R _____	R _____	R _____
	02 <u>Lunge</u> - Knee Kick Back Lunge (R/L) Target - 20 / Leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	03 <u>Kick</u> - Side Kicks Target - 30	R _____	R _____	R _____	R _____	R _____
Round 2	04 <u>Squat</u> - 8 Card Pick Up Target - 1 Round	R _____	R _____	R _____	R _____	R _____
	05 <u>Lunge</u> - Cross Over Step Back Lunges Target - 30	R _____	R _____	R _____	R _____	R _____
	06 <u>Kick</u> - Back Kicks (R/L) Target - 30 / Leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
Round 3	07 <u>Squat</u> - Sit Down Squats Target - 30	R _____	R _____	R _____	R _____	R _____
	08 <u>Lunge</u> - Mary Catherine Plyo Lunges (w/ Medicine Ball) Target - 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09 <u>Kick</u> - Core Crunch Side Kick (R/L) Target - 20 / Leg	R1 _____ L1 _____	R1 _____ L1 _____	R1 _____ L1 _____	R1 _____ L1 _____	R1 _____ L1 _____
Round 4	10 <u>Squat</u> - Wide Stance Side to Side Target - 40	R _____	R _____	R _____	R _____	R _____
	11 <u>Lunge</u> - Knee Kick Back Lunge (R/L) Target - 20 / Leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	12 <u>Kick</u> - Side Kicks Target - 30	R _____	R _____	R _____	R _____	R _____
Round 5	13 <u>Squat</u> - 8 Card Pick Up Target - 1 Round	R _____	R _____	R _____	R _____	R _____
	14 <u>Lunge</u> - Cross Over Step Back Lunges Target - 30	R _____	R _____	R _____	R _____	R _____
	15 <u>Kick</u> - Back Kicks (R/L) Target - 25 / Leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
Round 6	16 <u>Squat</u> - Sit Down Squats Target - 30	R _____	R _____	R _____	R _____	R _____
	17 <u>Lunge</u> - Mary Catherine Plyo Lunges (w/ Medicine Ball) Target - 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	18 <u>Kick</u> - Core Crunch Side Kick (R/L) Target - 20 / Leg	R1 _____ L1 _____	R1 _____ L1 _____	R1 _____ L1 _____	R1 _____ L1 _____	R1 _____ L1 _____
Time (50 Min)	Start _____	Start _____	Start _____	Start _____	Start _____	
	End _____	End _____	End _____	End _____	End _____	
	Total _____	Total _____	Total _____	Total _____	Total _____	
Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____	

ONE ON ONE, VOLUME 1 / DISC 9 - BUN SHAPER

Equipment Required

- 1) Chair (w/ Arms)
- 2) Playing Cards
- 3) 6 lb Medicine Ball
- 4) Short Stool

Other Recommendation



DATE / WEEK						
Round 1	01 Press Jacks	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	02 Squat Curls	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	03 Clear The Lane	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
Round 2	04 Toe Touch	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	05 Knee Up Run Twist	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	06 Squat Reach	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
Round 3	07 Lunge Switch	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	08 Twisters	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	09 Tires	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
		L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____
Round 4	10 Jump Over Ball	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
		R2 _____	R2 _____	R2 _____	R2 _____	R2 _____
	11 Power Knee	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		*Tony skips in R2	*Tony skips in R2	*Tony skips in R2	*Tony skips in R2	*Tony skips in R2
	12 High - Low Cross Twist	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
		L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____
Round 5	13 Side Lunge Press Pass	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
		L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____
	14 Cresnet Chair	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	15 Hop Around the World	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
Round 6	16 Bella Twist	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
		L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____
	17 Press Jacks	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
		L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____
	18 Clear The Lane	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
Round 7	19 Squat Curls	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	20 Toe Touch	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
		L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____	L1 _____ L2 _____
	Time (37 Min)	Start _____	Start _____	Start _____	Start _____	Start _____
		End _____	End _____	End _____	End _____	End _____
	Average Heart Rate (BPM)	Total _____	Total _____	Total _____	Total _____	Total _____
		Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

ONE ON ONE, VOLUME 1 / DISC 10 - MEDICINE BALL CORE CARDIO

Equipment Required

1) Various Medicine Balls

Other Recommendation

Good Warm-Up and Cool Downs