



DATE / WEEK						
Sequence 1	01 Duck & Cover <i>Target: 30s</i>	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____
	02 Twist Lunge Reach & Jump <i>Target: 30s</i>	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____
	03 Squat Knee Kicks (Alt. Legs) <i>Target: 30s</i>	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____
Sequence 2	04 Squat Spin Jump <i>Target: 30s</i>	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____
	05 Scoop (Cross Room Floor Touch) <i>Target: 30s</i>	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____
	06 Tires w/ Elbows (Wacky Jacks) <i>Target: 30s</i>	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____
Sequence 3	07 Jab - Slide - UpperCut <i>Target: 30s</i>	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____
	08 Low Block - Lunge - Hammer <i>Target: 30s</i>	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____
	10 Jump Kicks <i>Target: 30s</i>	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____
	Time (47 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 7 - SUPER CARDIO 5-6 PLUS

Equipment Required

1) None

Other Recommendation

- Significant Warm-Up (10 minutes) and Cool-Down