



DATE / WEEK						
Round 1	01 Pike Press	R _____	R _____	R _____	R _____	R _____
	02 Shoulder Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03 6 Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 2	04 Pike Press	R _____	R _____	R _____	R _____	R _____
	05 Shoulder Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06 6 Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 3	07 Pike Press	R _____	R _____	R _____	R _____	R _____
	08 Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09 Lean Over Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 4	10 Pike Press	R _____	R _____	R _____	R _____	R _____
	11 Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12 Lean Over Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 5	13 Deep Arnold Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14 Upright Row Y-Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Side Press	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____
Round 6	16 Deep Arnold Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	17 Upright Row Y-Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	18 Side Press	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____
	Time (37 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 12 - DIAMOND DELTS

Equipment Required

- 1) Dumbbells
- 2) Push Up Stands
- 3) Bench or Chair

Other Recommendation

- Do 4-5 minutes of warmup on your own as Tony gets right into it.