



	DATE / WEEK					
Round 1	<b>01</b> Jump Rope Target: 1:00	R _____	R _____	R _____	R _____	R _____
	<b>02</b> Upper Kenpo - Hook, Uppercut, Jab, Cross Target: 1:00	R _____	R _____	R _____	R _____	R _____
Round 2	<b>03</b> Jump Rope Target: 1:00	R _____	R _____	R _____	R _____	R _____
	<b>04</b> Lower Kenpo - Front, Side, and Back Kick Target: 20	R _____	R _____	R _____	R _____	R _____
Round 3	<b>05</b> Jump Rope Target: 1:00	R _____	R _____	R _____	R _____	R _____
	<b>06</b> Upper Kenpo - Hook, Uppercut, Jab, Cross Target: 1:00	R _____	R _____	R _____	R _____	R _____
Round 4	<b>07</b> Jump Rope Target: 1:00	R _____	R _____	R _____	R _____	R _____
	<b>08</b> Total Body Kenpo - Punches & Kicks Target: 20	R _____	R _____	R _____	R _____	R _____
Round 5	<b>09</b> Jump Rope Target: 1:00	R _____	R _____	R _____	R _____	R _____
	<b>10</b> Total Body Kenpo - Punches & Kicks Target: 1:00	R _____	R _____	R _____	R _____	R _____
	<b>Time (10 Min)</b>	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	<b>Average Heart Rate (BPM)</b>	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
	<b>Calories</b>	Calories _____	Calories _____	Calories _____	Calories _____	Calories _____

## P90X ONE ON ONE, VOLUME 2 / DISC 4C - SHADOW BOXING

### Equipment Required

- 1) Jump Rope
- 2) A Fun Attitude!

### Other Recommendation

The Kenpo in this routine is not scripted. Have fun with it! Tony sure is.

### Worksheets Completed by:

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