



DATE / WEEK					
Round 1	01 Banana Boat Target: 12	R _____	R _____	R _____	R _____
	02 Tick Tock Target: 12	R _____	R _____	R _____	R _____
	03 Super Scissors Target: 12	R _____	R _____	R _____	R _____
	04 The Gate (Open-Close) Target: 12	R _____	R _____	R _____	R _____
	05 Oblique Crunch (Right) Target: 12	R _____	R _____	R _____	R _____
	06 Oblique Crunch (Left) Target: 12	R _____	R _____	R _____	R _____
	07 The Drawbridge Target: 12	R _____	R _____	R _____	R _____
	08 Big Bike Target: 12	R _____	R _____	R _____	R _____
	09 Phelan Twist Target: 12	R _____	R _____	R _____	R _____
	10 The Monster Target: 12	R _____	R _____	R _____	R _____
Round 2	11 Banana Boat Target: 12	R _____	R _____	R _____	R _____
	12 Tick Tock Target: 12	R _____	R _____	R _____	R _____
	13 Super Scissors Target: 12	R _____	R _____	R _____	R _____
	14 The Gate (Open-Close) Target: 12	R _____	R _____	R _____	R _____
	15 Oblique Crunch (Right) Target: 12	R _____	R _____	R _____	R _____
	16 Oblique Crunch (Left) Target: 12	R _____	R _____	R _____	R _____
	17 The Drawbridge Target: 12	R _____	R _____	R _____	R _____
	18 Big Bike Target: 12	R _____	R _____	R _____	R _____
	19 Phelan Twist Target: 12	R _____	R _____	R _____	R _____
	20 The Monster Target: 12	R _____	R _____	R _____	R _____
	Time (38 Min)	Start _____	Start _____	Start _____	Start _____
		End _____	End _____	End _____	End _____
		Total _____	Total _____	Total _____	Total _____
	Average Heart Rate (BPM)	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
	Calories	Calories _____	Calories _____	Calories _____	Calories _____

ONE ON ONE, VOLUME 2 / DISC 8 - ISO ABS

Equipment Required

1) Mat

Other Recommendation

- No warm-up. 1:20 cool-down.

Worksheets Completed by:

Mike Roberts

TeamRightNow.com

TeamRightNow@gmail.com

