



| | | DATE / WEEK | | | | | |
|-----------------|----------------|---|----------------|----------------|----------------|---------------|---------------|
| Sequence 1 | Round 1 | 01 <u>Chest</u> : Chin-Ups Target: 15 | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ |
| | | 02 <u>Abs</u> : Side Arm Crunch (R) Target: 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | | 03 <u>Back</u> : Stability Ball Push-Up Target: 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | Round 2 | 04 <u>Chest</u> : Knee-Up Pull-Up Target: 15 | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ |
| | | 05 <u>Abs</u> : Stability Ball Plank Crunch Target: 20 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | | 06 <u>Back</u> : Plyo Ball Push-Up Target: 20 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | Ab Bonus | 07 <u>Abs</u> : Big Ball Crunch Target: 20 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | Round 3 | 08 <u>Chest</u> : Round House Pull-Up Target: 12 | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ |
| | | 09 <u>Abs</u> : V-Ball Core Crunch Target: 12 | R_____W_____ | R_____W_____ | R_____W_____ | R_____W_____ | R_____W_____ |
| | | 10 <u>Back</u> : Sphinx Push-Up Target: 12 | R_____ | R_____ | R_____ | R_____ | R_____ |
| Sequence 2 | Round 4 | 11 <u>Chest</u> : Chin-Ups Target: 15 | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ |
| | | 12 <u>Abs</u> : Side Arm Crunch (R) Target: 25 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | | 13 <u>Back</u> : Stability Ball Push-Up Target: 20 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | Round 5 | 14 <u>Chest</u> : Knee-Up Pull-Up Target: 12 | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ |
| | | 15 <u>Abs</u> : Stability Ball Plank Crunch Target: 15 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | | 16 <u>Back</u> : Plyo Ball Push-Up Target: 15 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | Ab Bonus | 17 <u>Abs</u> : Big Ball Crunch Target: 20 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | Round 6 | 18 <u>Chest</u> : Round House Pull-Up Target: 8 | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ | U_____A_____ |
| | | 19 <u>Abs</u> : V-Ball Core Crunch Target: 12 | R_____W_____ | R_____W_____ | R_____W_____ | R_____W_____ | R_____W_____ |
| | | 20 <u>Back</u> : Sphinx Push-Up Target: 15 | R_____ | R_____ | R_____ | R_____ | R_____ |
| | | Time (47 Min) | Start _____ | Start _____ | Start _____ | Start _____ | Start _____ |
| | | | End _____ | End _____ | End _____ | End _____ | End _____ |
| | | | Total _____ | Total _____ | Total _____ | Total _____ | Total _____ |
| | | Average Heart Rate (BPM) | Ave _____ BPM | Ave _____ BPM | Ave _____ BPM | Ave _____ BPM | Ave _____ BPM |
| Calories | Calories _____ | Calories _____ | Calories _____ | Calories _____ | Calories _____ | | |

ONE ON ONE, VOLUME 2 / DISC 2 - CORE BALL SANDWICH

Equipment Required

- 1) Stability Ball
- 2) Basketball or 4lb Medicine Ball
- 3) Pull-Up Bar

Other Recommendation

- Decent warm-up, but no cool down

Worksheets Completed by:

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