



	DATE / WEEK					
Round 1	01 Chest: Stability Ball Push-Up Target: 35	R_____	R_____	R_____	R_____	R_____
	02 Abs: Superman V-Up Target: 20	R_____	R_____	R_____	R_____	R_____
Round 2	03 Chest: The Impossible Push-Up Target: 20	R_____	R_____	R_____	R_____	R_____
	04 Abs: Row Your Boat Target: 30	R_____	R_____	R_____	R_____	R_____
Round 3	05 Chest: Two-Ball Push-Ups Stack Feet Target: 30	R_____	R_____	R_____	R_____	R_____
	06 Abs: Balance Bicycle - Elbow to Knee Target: 30	R_____	R_____	R_____	R_____	R_____
Round 4	07 Chest: Four-Ball Push-Up Target: 30	R_____	R_____	R_____	R_____	R_____
	08 Abs: Boat Scissors Target: 30	R_____	R_____	R_____	R_____	R_____
Round 5	09 Chest: Push-Up Side Arm Balance Target: 20	R_____	R_____	R_____	R_____	R_____
	10 Abs: Scissor Roll Up Target: 20	R_____	R_____	R_____	R_____	R_____
Round 6	11 Chest: Plyo Push-Up on Stability Ball Target: 20	R_____	R_____	R_____	R_____	R_____
	12 Abs: Mason Twist with Straight Legs Target: 30	R_____	R_____	R_____	R_____	R_____
Round 7	13 Chest: Travelling 3-Ball Push-Up Target: 20	R_____	R_____	R_____	R_____	R_____
	14 Abs: Oblique Roll Crunch Target: 30	R_____L_____	R_____L_____	R_____L_____	R_____L_____	R_____L_____
Round 8	15 Chest: Swimmer's Push-Up Target: 20	R_____	R_____	R_____	R_____	R_____
	16 Abs: V-Gate Target: 30	R_____	R_____	R_____	R_____	R_____
Bonus	17 Chest: Plyo Push-Up Target: 20	R_____	R_____	R_____	R_____	R_____
	Time (53 Min)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	Average Heart Rate (BPM)	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
	Calories	Calories _____	Calories _____	Calories _____	Calories _____	Calories _____

P90X ONE ON ONE, VOLUME 2 / DISC 12 - UPPER BODY BALANCE

Equipment Required

- 1) Medicine Balls (up to 4)
- 2) Basketball
- 3) Stability Ball

Other Recommendation

- 3 minute warm-up. 2 minute cool-down

Worksheets Completed by:

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