

| TONY HORTON - ONE ON ONE - VOLUME 2 | | | | |
|-------------------------------------|-----------------------------------|------|--------------------|--|
| Disc | Workout | Time | Target Muscles | Exercises |
| 1 | Cardio Intervals | 40m | Cardio | 20 Moves Repeated Twice for a total of 40 Moves. |
| 2 | Core Ball Sandwich | 40m | Chest, Back, Abs | 1 Round = 3 Exercises (Chest, Abs, Back) - 1 Sequence = 3 Rounds + 1 Bonus Ab - Repeat Sequence 2x |
| 3 | Patience "Hummingbird" Yoga | 36m | Total Body | Slow Motion / Isometric Yoga |
| 4 | 10-Minute Crusher Pack | 10m | Abs | 20/12 - 5 Moves on pull-up bar (12 reps) - 5 moves on floor (20 reps) |
| | | 10m | Legs | Legs of Gold - 10 Moves (1 minute per move) |
| | | 10m | Cardio | Shadow Boxing - 1 Round = 1 Minute of Jump Rope + 1 Minute of Kenpo - 5 Rounds Total |
| 5 | Butt & Belly | 46m | Butt & Abs | 1 Round = 2 Exercises (Butt, Abs) - 1 Sequence - 5 Rounds - Repeat Sequence 2x |
| 6 | Back & Belly | 36m | Back and Abs | 1 Round = 2 Exercises (Back, Abs) 7 Rounds + 1 Back Bonus |
| 7 | On One Leg | 36m | Shoulders & Arms | 4 Sequences - Each Sequence consists of 2 Rounds - Each Round Consists of a Shoulder, Bicep, Tricep Move. - One Round is while balancing on one foot while the other round is while balancing on the other. |
| 8 | Iso Abs | 38m | Abs | 1 Round = 10 moves @ 12 reps each 2nd Round repeat the 1st round |
| 9 | Cardio Confusion - Mason's Choice | 43m | Cardio | 24 Moves (1 minute each) |
| 10 | 100 / 30 / 20 | 46m | Cardio, Abs, Chest | 1 Round = 100 - Jump Rope 30 - Crunches 20 - Push-Ups 8 Total Rounds |
| 11 | For Legs | 52m | Legs | On One Leg for Legs - 10 Exercises. Repeat on each leg. |
| 12 | Upper Body Balance | 53m | Chest & Abs | 1 Round = 2 Exercises (Chest and Abs) - 8 Rounds (16 Total Exercises) - 1 Bonus Chest Exercise |



Worksheets Completed by:
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