



DATE / WEEK					
01 The Briggs Ram	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
02 Jack Rope Twist	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
03 Front Knee Front Kick	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
04 March & Reach	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
05 Knee Kick Back Lunge	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
06 Hop Squat / Run Home	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
07 Jab Cross / Hook / Uppercut	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
08 3-Speed Locomotive	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
09 Front Kick / Back Kick	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
10 Loading Dock	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
11 Run Hammer Kicks	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
12 Side Lunge Reach	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
13 3-Speed Twister	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
14 Side Lunge / Side Kick	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
15 Rope O' Rama	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
16 Off The Line	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
17 Back Lunge / Mule Kick	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
18 Jab Cross / Front Kick	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
19 Swing Kicks	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
20 The Eggan Brothers	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
21 3-Speed Run	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
22 Press Jack (w/ Med. Ball)	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
23 Leap Kicks (Jump Over Ball)	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
24 Heisman Hold	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
Time (43 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 9 - CARDIO CONFUSION

Equipment Required

- 1) Chair
- 2) Jump Rope
- 3) Ball

Other Recommendation

- 5 Minute Warm-Up
- 5 Minute Cool Down

Worksheets Completed by:

Mike Roberts

TeamRightNow.com

TeamRightNow@gmail.com

