



DATE / WEEK					
<b>01</b> Russian Squats Target: 20 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>02</b> Half Moon Lunges Target: 15 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>03</b> Pumpers Target: 25 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>04</b> Royal Dancer Kicks Target: 10 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>05</b> Seat Drops Target: 10 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>06</b> One-Legged Chair Target: 60s per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>07</b> Tetter Totter Target: 10 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>08</b> Cross Hops Target: 10 per leg (2x)	R1 _____ R2 _____ L1 _____ L2 _____	R1 _____ R2 _____ L1 _____ L2 _____	R1 _____ R2 _____ L1 _____ L2 _____	R1 _____ R2 _____ L1 _____ L2 _____	R1 _____ R2 _____ L1 _____ L2 _____
<b>09</b> One-Legged Wall Squat Target: 2 minutes (Switch every 15s)	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>10</b> Standing Split Reach Target: 10 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>11</b> BONUS - Push-Ups Target: 50	R _____	R _____	R _____	R _____	R _____
<b>Time (52 Min)</b>	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
<b>Average Heart Rate (BPM)</b>	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
<b>Calories</b>	Calories _____	Calories _____	Calories _____	Calories _____	Calories _____

## P90X ONE ON ONE, VOLUME 2 / DISC 11 - FOR LEGS

### Equipment Required

- 1) Chair
- 2) Marker (Coin, coaster, etc)

### Other Recommendation

Long Warm-up (9 mins) and long cool down (6+ min)

### Worksheets Completed by:

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