



DATE / WEEK						
Round 1	01 Cardio: Jump Rope Target: 100	R_____	R_____	R_____	R_____	R_____
	02 Abs: Wide Elbow Crunches (Power 90) Target: 30	R_____	R_____	R_____	R_____	R_____
	03 Chest: Standard Push-Ups Target: 20	R_____	R_____	R_____	R_____	R_____
Round 2	04 Cardio: Jump Rope Target: 100	R_____	R_____	R_____	R_____	R_____
	05 Abs: Oblique Crunches (One Leg Up / Elbow to Knee) Target: 30	R_____	R_____	R_____	R_____	R_____
	06 Chest: Chaturanga / Military Push-Ups Target: 20	R_____	R_____	R_____	R_____	R_____
Round 3	07 Cardio: Jump Rope Target: 100	R_____	R_____	R_____	R_____	R_____
	08 Abs: Elbows to Knees (Power 90) Target: 30	R_____	R_____	R_____	R_____	R_____
	09 Chest: Wide Push-Ups Target: 20	R_____	R_____	R_____	R_____	R_____
Round 4	10 Cardio: Jump Rope Target: 100	R_____	R_____	R_____	R_____	R_____
	11 Abs: Open - Close Target: 30	R_____	R_____	R_____	R_____	R_____
	12 Chest: Narrow / Diamond Push-Ups Target: 20	R_____	R_____	R_____	R_____	R_____
Round 5	13 Cardio: Jump Rope Target: 100	R_____	R_____	R_____	R_____	R_____
	14 Abs: Tick Tock Target: 30	R_____	R_____	R_____	R_____	R_____
	15 Chest: Stacked Foot / Staggered Hands Push-Ups Target: 20 (Switch Every 2)	R_____	R_____	R_____	R_____	R_____
Round 6	16 Cardio: Jump Rope Target: 100	R_____	R_____	R_____	R_____	R_____
	17 Abs: In and Outs Target: 30	R_____	R_____	R_____	R_____	R_____
	18 Chest: Super Chaturangu Push-Ups Target: 20	R_____	R_____	R_____	R_____	R_____
Round 7	19 Cardio: Jump Rope Target: 100	R_____	R_____	R_____	R_____	R_____
	20 Abs: Bicycle Target: 30	R_____	R_____	R_____	R_____	R_____
	21 Chest: Super Wide Push-Ups Target: 20	R_____	R_____	R_____	R_____	R_____
Round 8	22 Cardio: Jump Rope Target: 100	R_____	R_____	R_____	R_____	R_____
	23 Abs: Superman Crunch (Power 90) Target: 30	R_____	R_____	R_____	R_____	R_____
	24 Chest: Bench Press Push-Ups Target: (Max it Out!)	R_____	R_____	R_____	R_____	R_____
Bonus	25 Cardio: Jump Rope Target: 100 (No misses!)	R_____	R_____	R_____	R_____	R_____
Time (46 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 _____

ONE ON ONE, VOLUME 2 / DISC 10 - 100 / 30 / 20

Equipment Required

- 1) Jump Rope
- 2) Power Stands
- 3) Mat

Other Recommendation

- 4 Minute Warm-Up, 5.5 minute Cool Down

Worksheets Completed by:

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