



		DATE / WEEK					
Sequence 1	Round 1 - Right	01 Shoulders: Military Tree Target: 15	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		02 Biceps: Scissor Curls Target: 15	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		03 Triceps: Warrior Kick Backs Target: 15	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 2 - Left	04 Shoulders: Military Press Target: 15	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
		05 Biceps: Scissor Curls Target: 15	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
		06 Triceps: Warrior Kick Backs Target: 15	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
Sequence 2	Round 3 - Right	07 Shoulders: Swimmer's Chair Target: 15	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		08 Biceps: 21s Target: 21	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		09 Triceps: Bridge Extensions Target: 15	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 4 - Left	10 Shoulders: Swimmer's Chair Target: 15	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
		11 Biceps: 21s Target: 21	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
		12 Triceps: Bridge Extensions Target: 15	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
Sequence 3	Round 5 - Right	13 Shoulders: Pike's Pike Target: 12	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		14 Biceps: None Target:	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		15 Triceps: Chair Extension Target: 15	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 6 - Left	16 Shoulders: Pike's Pike Target: 15	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
		17 Biceps: None Target:	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
		18 Triceps: Chair Extensions Target: 15	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
Sequence 4	Round 7	19 Shoulders: Military Tree Target: 15 (Pick Your Leg)	R/L_____W_____	R/L_____W_____	R/L_____W_____	R/L_____W_____	R/L_____W_____
		20 Biceps: 21s Target: 21 (Pick Your Leg)	R/L_____W_____	R/L_____W_____	R/L_____W_____	R/L_____W_____	R/L_____W_____
		21 Triceps: Warrior Kick Backs Target: 15 (Right)	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 8	22 Shoulders: Pike's Pike Target: 12 (Switch Legs every Rep)	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		23 Biceps: None Target:	R/L_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		24 Triceps: Warrior Kick Backs Target: 15 (Left)	L_____W_____	L_____W_____	L_____W_____	L_____W_____	L_____W_____
		Time (36 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 7 - ON ONE LEG

Equipment Required

- 1) Dumb bells and/or Bands
- 2) Power Stands

Other Recommendation

- No Warm-Up. No Cool-Down

Worksheets Completed by:

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