



DATE / WEEK					
01 Rolling Iso Lunges Target: 1:00 (20 per Leg)	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
02 Leap Frog Squats Target: 1:00 (30)	R _____	R _____	R _____	R _____	R _____
03 Skippers (Plyo) Target: 1:00	R _____	R _____	R _____	R _____	R _____
04 Seibers 80/20 One Leg Squat Target: 1:00 (15 per Leg)	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
05 Iso Lunges Target: 1:00 (8 per Leg)	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
06 Salutation Squats Target: 1:00	R _____	R _____	R _____	R _____	R _____
07 Balance Lunges Target: 1:00 (15 per Leg)	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
08 Jockey Squats Target: 1:00 (50)	R _____	R _____	R _____	R _____	R _____
09 Lunge Back Kickers Target: 1:00	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
10 Deep 180 Plyo Switching Squat Jumpers Target: 1:00 (3)	R _____	R _____	R _____	R _____	R _____
Time (10 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 4B - LEGS OF GOLD					

Equipment Required

1) None

Other Recommendation

Worksheets Completed by:
Mike Roberts
 TeamRightNow.com
TeamRightNow@gmail.com