



	DATE / WEEK					
Round 1	<b>01</b> Bar: 6-Point Flexor Burn Target: 12	R _____	R _____	R _____	R _____	R _____
	<b>02</b> Floor: Big Bike Target: 20	R _____	R _____	R _____	R _____	R _____
Round 2	<b>03</b> Bar: Just L's Target: 12	R _____	R _____	R _____	R _____	R _____
	<b>04</b> Floor: Scissor Clapper Target: 20	R _____	R _____	R _____	R _____	R _____
Round 3	<b>05</b> Bar: Wide Leg 4-Point Flexor Burn Target: 12	R _____	R _____	R _____	R _____	R _____
	<b>06</b> Floor: Toe Touch Crunch Target: 20	R _____	R _____	R _____	R _____	R _____
Round 4	<b>07</b> Bar: Open Close Target: 12	R _____	R _____	R _____	R _____	R _____
	<b>08</b> Floor: Tick Tock Target: 20	R _____	R _____	R _____	R _____	R _____
Round 5	<b>09</b> Bar: Round House Target: 12	R _____	R _____	R _____	R _____	R _____
	<b>10</b> Floor: Open Close Target: 20	R _____	R _____	R _____	R _____	R _____
	<b>Time (10 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 4A - 20/12 ABS

### Equipment Required

- 1) Pull-Up Bar
- 2) Mat

### Other Recommendation

### Worksheets Completed by:

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