



DATE / WEEK						
Round 1	01 Chest - Standard Push-Ups Target - 30	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	02 Back - Lawnmowers Target - 15 / side	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03 Shoulder - Shoulder Press Target - 15-20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04 Bicep - Standard Bicep Curls Target - 15-20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05 Tricep - One Arm Tricep Extension Target - 15-20 / Arm	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06 Gluts - Squats Target - 20-30	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07 Legs - Lunges Target - 18	R _____	R _____	R _____	R _____	R _____
Round 2	08 Chest - Push-Up / Side-Arm Balance Target - 10 (Balance Every Rep)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	09 Back - Heavy Pants Target - 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Shoulder - Deep Swimmer's Press Target - 15-17	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11 Bicep - Open Arm Bicep Curls Target - 15-20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12 Tricep - Two-Arm Tricep Throws Target - 15-25	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	13 Gluts - Run Stance Squat Target - 40	R _____	R _____	R _____	R _____	R _____
	14 Legs - Side Lunges Target - 20-30	R _____	R _____	R _____	R _____	R _____
Round 3	15 Chest - Chuck-Up Push-Ups Target - 30 (Switch every 2)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	16 Back - Lawnmower - Grip2 Target - 30 / Arm (5 Slow, 5 Fast)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	17 Shoulder - 6-Direction Shoulder Flys Target - 8	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	18 Bicep - 21s Target - 21 (7x3)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	19 Tricep - Side Tri Rise Target - 15 / Side	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20 Gluts - Squats (3 Positions) Target - 12 / Position	R _____	R _____	R _____	R _____	R _____
	21 Legs - Skipping Swich Lunges Target - 30-40	R _____	R _____	R _____	R _____	R _____
Round 4 - Speed Round	22 Chest - Standard Push-Ups Target - 20	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	23 Back - Lawnmowers Target - 20 / Side	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	24 Shoulder - Shoulder Press Target - 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	25 Bicep - Standard Bicep Curls Target - 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	26 Tricep - One-Arm Tricep Extensions Target - 20 / Arm	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	27 Gluts - Squats Target - 20	R _____	R _____	R _____	R _____	R _____
	28 Legs - Lunges Target - 20	R _____	R _____	R _____	R _____	R _____
Ab Bonus	29 Abs - Bicycles Target - 100	R _____	R _____	R _____	R _____	R _____
	Time (54m)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

ONE ON ONE, VOLUME 1 / DISC 2 - P90 : ROAD WARRIOR

Equipment Required

- 1) If Travelling, all you need is one resistance band
- 2) If at home, you can modify exercises for dumb bells.

Other Recommendation

- Tony does a good warm-up and cool down (with a Bonus Ab exercise of Bicycles)