



| DATE / WEEK | | | | | | |
|-------------|---------------------------------|---------------|---------------|---------------|---------------|---------------|
| Round 1 | 01 Standard Push-Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 02 Wide Front Pull-Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 03 Standard Push-Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 04 Wide Front Pull-Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| Round 2 | 05 Military Push Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 06 Lever Pull Ups / Chin Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 07 Military Push Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 08 Lever Pull Ups / Chin Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| Round 3 | 09 Wide Push Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 10 Narrow Grip Pull Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 11 Wide Push Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 12 Narrow Grip Pull Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| Round 4 | 13 Diamond Push Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 14 Reverse Grip Chin Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 15 Diamond Push Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 16 Reverse Grip Chin Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| Round 5 | 17 Staggered Hand Push Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 18 Switch Grip Pull Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 19 Staggered Hand Push Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 20 Switch Grip Pull Ups | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| Round 6 | 21 Standard to Chaturanga | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 22 Alternating Hands | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 23 Standard to Chaturanga | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | 24 Alternating Hands | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ | U ____ A ____ |
| | Time (60 Min) | Start _____ | Start _____ | Start _____ | Start _____ | Start _____ |
| | | End _____ | End _____ | End _____ | End _____ | End _____ |
| | | Total _____ | Total _____ | Total _____ | Total _____ | Total _____ |
| | Average Heart Rate (BPM) | Ave _____ | Ave _____ | Ave _____ | Ave _____ | Ave _____ |

ONE ON ONE, VOLUME 1 / DISC 5 - THIRTY FIFTEEN

Equipment Required

- 1) Push Up Stands
- 2) Pull-Up Bar (Optional - Chair)

Other Recommendation

- Do 4-5 minutes of warmup on your own as Tony gets right into it.