

TONY HORTON - ONE ON ONE - VOLUME 1

Disc	Workout	Time	Target Muscles	Exercises
1	Plyo Legs	64m	Legs, Glutes	20 Exercises
2	Power 90 Road Warrior	54m	Chest, Back, Shoulders Bicep, Tricep, Gluts, Legs	4 Rounds 7 Exercises Per Round
3	Killer Abs	25m	Abs	Ab Ripper + Ab Ripper X
4	Just Arms	47m	Bicep, Tricep, Forearm	6 Rounds + 1 Bonus Round 3 Exercises Per Round 5 Exercises in Bonus Round
5	30 / 15	60m	Chest / Back	12 Rounds (2 Exercises Per)
6	Fountain of Youth - Yoga	48m	Total Body	
7	Super Cardio 5-6 Plus	47m	Legs and Cardio	3 Sequences 3 Rounds Per Sequence 3 Exercises Per Round
8	Mammoth UML Apres Ski Workout	57m	Upper, Middle, Lower	6 Rounds 3 Exercises Per Round
		18m	Stretch	
9	Bun Shaper	50m	Glutes, Legs	6 Rounds 3 Exercises Per Round
10	Medicine Ball Core Cardio	37m	Legs / Core	5 Rounds 4 Exercises Per Round
11	Results 4 Recovery	38m	Total Body	
12	Diamond Delts	37m	Shoulders	6 Rounds 3 Exercises Per Round
13	Horton Holiday	17m	Total Body	Free for All. Tony exercising with midgets!



Worksheets Completed by:

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