



Tony Horton - One on One - Volume 3				
Disc	Workout	Time	Target Muscles	Exercises
1	Chest, Back, and Balls	60m	Chest / Back	20 Exercises - 1 Round = Chest followed by Back - 10 Rounds Total
2	Ab Ripper Extended (ARX2)	47m	Ab / Core	20 Exercises
3	Shoulders and Arms: MC2	58m	Shoulders / Arms	4 Rounds - Each Round is 2 exercises repeated 3 times.
4	Base and Back	51m	Legs / Back	2 Rounds of 10 Exercises
5	Yoga: MC2	60m	Total Body	
6	Plyocide	63m	Legs / Total Body / Cardio	20 Exercises
7	Stretch & Recovery	70m	Total Body	22 Stretches
8	V Sculpt	56m	Back / Biceps	12 Rounds - Back / Bicep Exercise Each Round
9	Core Synergistics: MC2	67m	Total Body	12 Exercises + 5 Bonus Exercises - Long 11 minute warm-up - Long 7 minute cool down
10	Upper Body X (UBX)	60m	Chest, Shoulders, and Triceps	4 Sequences. Each Sequence has 2 Rounds of the same (3) Exercises
11	P.A.P.	70m	Upper and Lower	2 Complexes - Each Complex is 3-4 Moves - Each Complex is repeated 4 times
12	Total Body X	43m	Chest / Back, Cardio, CoreAbs, Legs	4 Rounds - Each Round has 4 Exercises - Upper Body (Chest or Back) - Cardio - Core / Ab - Leg



**Worksheets Completed by:**

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