



| DATE / WEEK | | | | | | |
|---------------------------------|--|-----------------|-----------------|-----------------|-----------------|-----------------|
| Round 1 | 01 No Kip Pull-Ups Target: 15 | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 02 Plyo Frog Squats Target: 30 | R _____ | R _____ | R _____ | R _____ | R _____ |
| | 03 Wide Leg Close Grip Chin-Ups Target: 15 | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 04 Chair Jump Squats Target: 30 | R _____ | R _____ | R _____ | R _____ | R _____ |
| | 05 Spinning Chin Pulls Target: 15 (Switch Every Rep) | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 06 Plyo Runner Lunges Target: 30 | R _____ | R _____ | R _____ | R _____ | R _____ |
| | 07 V Pull-Ups Target: 15 | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 08 Spinning Fighter Squats Target: 30 | R _____ | R _____ | R _____ | R _____ | R _____ |
| | 09 Kippy Pulls Target: 15 | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 10 Jack-in-the-Box Knee Tucks Target: 20 | R _____ | R _____ | R _____ | R _____ | R _____ |
| Round 2 | 11 No Kip Pull-Ups Target: 15 | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 12 Plyo Frog Squats Target: 30 | R _____ | R _____ | R _____ | R _____ | R _____ |
| | 13 Wide Leg Close Grip Chin-Ups Target: 15 | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 14 Chair Jump Squats Target: 30 | R _____ | R _____ | R _____ | R _____ | R _____ |
| | 15 Spinning Chin Pulls Target: 15 (Switch Every Rep) | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 16 Plyo Runner Lunges Target: 30 | R _____ | R _____ | R _____ | R _____ | R _____ |
| | 17 V Pull-Ups Target: 15 | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 18 Spinning Fighter Squats Target: 30 | R _____ | R _____ | R _____ | R _____ | R _____ |
| | 19 Kippy Pulls Target: 15 | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ | U _____ A _____ |
| | 20 Jack-in-the-Box Knee Tucks Target: 20 | R _____ | R _____ | R _____ | R _____ | R _____ |
| Time (51 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 _____ |

P90X ONE ON ONE, VOLUME3 / DISC 4 - BASE & BACK

Equipment Required

1) Pull-Up Bar (Optional - Chair)

Other Recommendation

Tony does have a good warm-up and cool-down in the video

Worksheets Completed by:

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