



DATE / WEEK					
01 Rope Jump - Doubles Target: 60s	T _____	T _____	T _____	T _____	T _____
02 Jack-in-the-Box Knee Tucks Target: 20	R _____	R _____	R _____	R _____	R _____
03 Tip Tap 360 Target: 60s (use Med Ball)	T _____	T _____	T _____	T _____	T _____
04 Killer Catherine Lunges Target: 100 (w/ Med Ball)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 Wide Leg Tip Toe Squats Target: 35	R _____	R _____	R _____	R _____	R _____
06 Run / Jump Chair (Mason's Choice) Target: 60s	T _____	T _____	T _____	T _____	T _____
07 Warrior 3 Lunges Target: 15 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
08 Think Drills - Wide/Narrow/Shoulder Width Legs with High/Low B-Ball Target: 60s	T _____	T _____	T _____	T _____	T _____
09 Depth Charges (Stool / Dumb bells) Target: 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
10 Super Skater Kicks Target: 15 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
11 Rope Jump - Singles Target: 30s per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
12 Run-Ups Target: 20 per leg	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
13 Football Hero (Mason's Choice) Set - Go - Jump! Target: 60s	T _____	T _____	T _____	T _____	T _____
14 Jump - Tap - Jump Target: 60	R _____	R _____	R _____	R _____	R _____
15 Frog Burpee Hops Target: 15	R _____	R _____	R _____	R _____	R _____
16 Half Pipe Spins Target: 20	R _____	R _____	R _____	R _____	R _____
17 Weighted Quick Jumps Target: 50	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 Two Lunge Box Jump Target: 6 sets / 2 Mins	R _____	R _____	R _____	R _____	R _____
19 4 Direction Iso Lunge Target: 30 per leg	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 Medicine Ball "Jump Press" Target: 40	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Time (63 Min)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

P90X ONE ON ONE, VOLUME 3 / DISC 6 - PLYOCIDE

Equipment Required

- 1) Rope
- 2) Medicine Balls
- 3) Basketball
- 4) Dumb bells
- 5) Short Stool
- 6) 18-24" Box

Other Recommendation

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

Worksheets Completed by:

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Team Right Now