



DATE / WEEK						
Sequence 1	Round 1	01 Chest: 2 Dog Push-Up Target: 15-20	R _____	R _____	R _____	R _____
		02 Shoulders: 4- Ball Pike Press Target: 10-15	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____
		03 Triceps: Forearm Plank Tricep Kickback Target: 12 Per Side	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
	Round 2	04 Chest: 2 Dog Push-Up Target: 15-20	R _____	R _____	R _____	R _____
		05 Shoulders: 4- Ball Pike Press Target: 10-15	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____
		06 Triceps: Forearm Plank Tricep Kickback Target: 12 Per Side	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
Sequence 2	Round 1	07 Chest: Chatur rocker Push-Ups Target: 10	R _____	R _____	R _____	R _____
		08 Shoulders: Strip Presses Target: 3 x 8	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____
		09 Triceps: One Arm Bench Dips Target: 10 Per Side	R1 _____ L2 _____	R1 _____ L2 _____	R1 _____ L2 _____	R1 _____ L2 _____
	Round 2	10 Chest: Chatur rocker Push-Ups Target: 10	R _____	R _____	R _____	R _____
		11 Shoulders: Strip Presses Target: 3 x 8	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____
		12 Triceps: One Arm Bench Dips Target: 10 Per Side	R1 _____ L2 _____	R1 _____ L2 _____	R1 _____ L2 _____	R1 _____ L2 _____
Sequence 3	Round 1	13 Chest: 3-Ball Burpee Target: 10	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____
		14 Shoulders: Scarecrow Press Target: 10-15	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		15 Triceps: Side Forearm Plank Tricep Extension Target: 12 Per Side	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
	Round 2	16 Chest: 3-Ball Burpee Target: 10	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____
		17 Shoulders: Scarecrow Press Target: 10-15	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		18 Triceps: Side Forearm Plank Tricep Extension Target: 12 Per Side	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____	R1 _____ W1 _____ L2 _____ W2 _____
Sequence 4	Round 1	19 Chest: Medicine Ball Side Arm Push-Up Target: 15	R _____	R _____	R _____	R _____
		20 Shoulders: Bent Over Circle Fly Target: 3 x 7	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		21 Triceps: High-Bar Band Extension Target: 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 2	22 Chest: Medicine Ball Side Arm Push-Up Target: 15	R _____	R _____	R _____	R _____
23 Shoulders: Bent Over Circle Fly Target: 3 x 7		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
		24 Triceps: High-Bar Band Extension* Target: 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		Time (60 Min)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
		Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____

P90X ONE ON ONE, VOLUME3 / DISC 10 - UBX

Equipment Required

- 1) 4 Balls
- 2) Bench or Chair
- 3) Resistance Band
- 4) Stability Ball (Optional)
- 5) *Band-to-Door Assembly (included with V-Sculpt disc)
- 6) Dumb bells
- 7) Pro Sliders or Piece of Cardboard

Other Recommendation

Decent warm-up and cool-down. Although, Tony is a bit hyper so I would suggest some more static stretching. :)

Worksheets Completed by:

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