



DATE / WEEK					
<b>01</b> Pull-Up-X Target: 15-20	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>02</b> Plyometric Stability Ball Push-Up Target: 17-20	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>03</b> Core Crunch Chin-Up Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>04</b> Two Ball Push-Up Side Arm Balance Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>05</b> Lever Pull-Ups Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>06</b> Four Ball Push-Ups Target:	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____
<b>07</b> Chin-Pulls (Switch every 2) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>08</b> The "Possible" Push-Up Target: <i>Crap shoot!</i>	R _____ BallConfig _____	R _____ BallConfig _____	R _____ BallConfig _____	R _____ BallConfig _____	R _____ BallConfig _____
<b>09</b> L Pull-Ups Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>10</b> Three Ball Plyo Push-Up Target: 15-18	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>11</b> Switch Grip Pull-Up (Switch every 2) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>12</b> Elevated Stability Ball Push-Up Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>13</b> In & Outs Pull-Ups (Narrow / Wide Grip) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>14</b> Swimmer's Push-Up ( 2 Balls) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>15</b> Flip Switch Pull-Ups (Wide, Narrow, etc) Target: 8-10	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>16</b> Double Wide Push-Ups (2 Balls) Target: 20-25	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>17</b> Double Wide Pull-Ups Target: 10-12	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>18</b> Military Push-Ups (Stability / Med Balls) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>19</b> Double Towel Pull-Ups Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>20</b> One Ball Plyo Push-Ups Target: 10	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>Time (60 Min)</b>	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
<b>Average Heart Rate (BPM)</b>	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

## P90X ONE ON ONE, VOLUME3 / DISC 1 - CHEST, BACK, AND BALLS

### Equipment Required

- 1) Pull-Up Bar
- 2) Big Stability Ball
- 3) 4 Medicine Balls
- 4) Basketball
- 5) Chair
- 6) 2 Towels

### Other Recommendation

- Tony does an "okay" warm-up

Worksheets Completed by:

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DATE / WEEK					
<b>01</b> Banana 2 Crunch Target: 20 (2 Crunches = 1 Rep)	R _____	R _____	R _____	R _____	R _____
<b>02</b> Scissor Twist Target: 20	R _____	R _____	R _____	R _____	R _____
<b>03</b> Oblique Roll Crunch Target: 20	R _____	R _____	R _____	R _____	R _____
<b>04</b> Side Arm Balance Crunch Target: 20 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>05</b> Bug Bicycle Crunch Target: 30	R _____	R _____	R _____	R _____	R _____
<b>06</b> Row Your Boat Target: 30	R _____	R _____	R _____	R _____	R _____
<b>07</b> Scissor Clapper Target: 40	R _____	R _____	R _____	R _____	R _____
<b>08</b> The Abronome Target: 30	R _____	R _____	R _____	R _____	R _____
<b>09</b> Drawbridge Lift Target: 20	R _____	R _____	R _____	R _____	R _____
<b>10</b> Phelan Lift Twist Target: 25	R _____	R _____	R _____	R _____	R _____
<b>11</b> Crunch Toe Touch Target: 30	R _____	R _____	R _____	R _____	R _____
<b>12</b> High-Low / Open-Close Target: 20	R _____	R _____	R _____	R _____	R _____
<b>13</b> Corkscrew Crunch Target: 15 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>14</b> One Kick / Two-Kick / V-Crunch Target: 21 (7 Sets x 3 reps)	R _____	R _____	R _____	R _____	R _____
<b>15</b> Roll to Boat Target: 25	R _____	R _____	R _____	R _____	R _____
<b>16</b> Superman Banana X Target: 15	R _____	R _____	R _____	R _____	R _____
<b>17</b> The Tornado Target: 15 per rotation (CW, CCW)	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>18</b> The Buddist (aka The Ken) Target: 15	R _____	R _____	R _____	R _____	R _____
<b>19</b> Through the Legs & Behind the Back Target: 15 (w/ Med. Ball)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>20</b> Bicycle 100 Target: 100	R _____	R _____	R _____	R _____	R _____
<b>Time (47 Min)</b>	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
<b>Average Heart Rate (BPM)</b>	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____
<b>P90X ONE ON ONE, VOLUME 3 / DISC 2 - AB RIPPER EXTENDED (ARX2)</b>					

#### Equipment Required

1) Mat

#### Other Recommendation

Quite a bit of talking and downtime. You can get through the workout much faster.

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