



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.

Worksheets Completed by:

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