



DATE / WEEK					
01 Rope Warm-Up	R _____	R _____	R _____	R _____	R _____
02 Ballistic Stretches	R _____	R _____	R _____	R _____	R _____
03 (3) Sun Salutations with Clasp Hands / Side Stretches	R _____	R _____	R _____	R _____	R _____
04 Wide Leg Forward Fold (Right & Left Side)	R _____	R _____	R _____	R _____	R _____
05 Side Lunge (Right & Left)	R _____	R _____	R _____	R _____	R _____
06 Deep Runner's Lunge & Straight Leg Runner's Lunge	R _____	R _____	R _____	R _____	R _____
07 Traditional Yoga Hamstring Stretch & Toe Lift	R _____	R _____	R _____	R _____	R _____
08 Traditional Yoga Hamstring Stretch Add Handclasp Shoulder Stretch	R _____	R _____	R _____	R _____	R _____
09 Frog Squat	R _____	R _____	R _____	R _____	R _____
10 Frog	R _____	R _____	R _____	R _____	R _____
11 Hero	R _____	R _____	R _____	R _____	R _____
12 Cross Bar - Knee Down Then Leg Straight	R _____	R _____	R _____	R _____	R _____
13 Happy Cow	R _____	R _____	R _____	R _____	R _____
14 Pigeon & Quad Stretch	R _____	R _____	R _____	R _____	R _____
15 Double Pigeon	R _____	R _____	R _____	R _____	R _____
16 Camel	R _____	R _____	R _____	R _____	R _____
17 Cat Stretch / Dog Twist with Wrist Stretches	R _____	R _____	R _____	R _____	R _____
18 Baddha Konasana w/ Forward Bend (aka "Cobbler's Pose")	R _____	R _____	R _____	R _____	R _____
19 Seated Hamstring - Right / Left w/ Leg Crossover	R _____	R _____	R _____	R _____	R _____
20 Wide Leg Hamstring Stetch (Right, Left, Center)	R _____	R _____	R _____	R _____	R _____
21 Striaight Leg / Bent Knee Torso Twist	R _____	R _____	R _____	R _____	R _____
22 Glute Stretch	R _____	R _____	R _____	R _____	R _____
Time (70 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 7 - STRETCH & RECOVERY

Equipment Required

1) Yoqa Mat

Worksheets Completed by:

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