



DATE / WEEK						
	01 Balance Plank Cross Crunch Target: 14	R _____	R _____	R _____	R _____	R _____
	02 Warrior 3 Cross Crunch Target: 15 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	03 Single Leg Burpee Target: 6 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	04 Forearm Balance Tin Soldier Target: 12 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	05 Roller Boat Target: 20	R _____	R _____	R _____	R _____	R _____
	06 One Leg Lateral Leap Squats Target: 30 slow + 10 fast	R _____	R _____	R _____	R _____	R _____
	07 Stability Ball Core Cicles Target: 10 CW + 10 CCW	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____
	08 Tip Toe Screamer Lunges Target: 15 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	09 Medicine Ball Dreya Roll Target: 12 (Target 10 lb Med. Ball)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Plank Burpee on Stability Ball Target: 8 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	11 Banana Ball Crunch Target: 15 (w/ Basketball)	R _____	R _____	R _____	R _____	R _____
	12 Three Point Squat Press w/ Med. Ball Target: 20 (Target 10 lb Med. Ball)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
BONUS	13 Single Leg Walk Outs to Forearm Plank Target: 6 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	14 One Leg Medicine Ball Burpee Press Target: 5 per side	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
	15 Inch Worm Feet to Hands Target: 10 (w/ Pro-Sliders)	R _____	R _____	R _____	R _____	R _____
	16 Inch Worm Hands to Feet Target: 10 (w/ Pro Sliders)	R _____	R _____	R _____	R _____	R _____
	17 X Plank Spider Twist Target: 20	R _____	R _____	R _____	R _____	R _____
	Time (67 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 9 - CORE SYNERGISTICS: MC2						

Equipment Required

- 1) Stability Ball
- 2) Medicine Ball
- 3) Basketball
- 4) Pro Sliders / Plastic Plate / Fribee

Other Recommendation

- Tony a very long and extensive wrma-up clocking in at 11 minutes
- Tony does a long cool down clocking in at 7 minutes

Worksheets Completed by:

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