

DATE / WEEK									
Warm-Up	01	Heel Walk Target: 0:23	51:28	T_____	T_____	T_____	T_____	T_____	
	02	Feet Smackers Target: 0:24	51:14	T_____	T_____	T_____	T_____	T_____	
	03	Burpee Salutation Target: 0:40	50:49	T_____	T_____	T_____	T_____	T_____	
	04	World's Greatest Stretch Target: 6	50:03	R_____	R_____	R_____	R_____	R_____	
	05	Inch Worm Target: 4	48:49	R_____	R_____	R_____	R_____	R_____	
	06	Scorpion Target: 0:52	47:59	T_____	T_____	T_____	T_____	T_____	
	07	Groners Target: 20	47:01	R_____	R_____	R_____	R_____	R_____	
	08	Foam Rolling Target: 2:55	46:32 Foam Roller	T_____	T_____	T_____	T_____	T_____	
	09	Roller Sphinx Target: 0:38	43:27 Foam Roller	T_____	T_____	T_____	T_____	T_____	
Heated Warm-Up	10	Plange Push-Up Target: 0:54	42:39	T_____	T_____	T_____	T_____	T_____	
	11	Band Pull-Apart Target: 0:55	41:29 Band	T_____	T_____	T_____	T_____	T_____	
	12	Atlas Target: 6 Per Side	40:05 Stability Ball	R_____	R_____	R_____	R_____	R_____	
Complex 1	Round 1	01	Power Renegade Row Target: 10	39:19 Weights	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		02	Explosive Plyo Push-Up Target: 6	37:22	R_____	R_____	R_____	R_____	R_____
		03	Isometric Plank on Med Ball Target: 1:02	37:05 Medicine Ball	T_____ BC_____	T_____ BC_____	T_____ BC_____	T_____ BC_____	T_____ BC_____
		04	Isometric Superman Target: 0:45	35:50 Weighted Bar	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 2	05	Power Renegade Row Target: 10	34:30 Weights	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		06	Explosive Plyo Push-Up Target: 6	33:38	R_____	R_____	R_____	R_____	R_____
		07	Isometric Plank on Med Ball Target: 1:06	33:17 Medicine Ball	T_____ BC_____	T_____ BC_____	T_____ BC_____	T_____ BC_____	T_____ BC_____
		08	Isometric Superman Target: 0:46	31:53 Weighted Bar	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 3	09	Power Renegade Row Target: 10	30:34 Weights	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		10	Explosive Plyo Push-Up Target: 6	29:19	R_____	R_____	R_____	R_____	R_____
		11	Isometric Plank on Med Ball Target: 1:01	29:00 Medicine Ball	T_____ BC_____	T_____ BC_____	T_____ BC_____	T_____ BC_____	T_____ BC_____
		12	Isometric Superman Target: 0:46	27:19 Weighted Bar	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 4	13	Power Renegade Row Target: 10	26:15 Weights	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		14	Explosive Plyo Push-Up Target: 6	25:23	R_____	R_____	R_____	R_____	R_____
		15	Isometric Plank on Med Ball Target: 1:00	24:59 Medicine Ball	T_____ BC_____	T_____ BC_____	T_____ BC_____	T_____ BC_____	T_____ BC_____
		16	Isometric Superman Target: 0:46	23:35 Weighted Bar	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Water Break (1:28)									
Round 1	01	Power Towel Pull-Up Target: 10	21:02 Chin-Up Bar / 2 Towels	U_____A_____	U_____A_____	U_____A_____	U_____A_____	U_____A_____	
	02	Explosive Med Ball Pike Target: 10	20:39 Medicine Ball	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	
	03	Explosive Step-Up Hammer Press Target: 5 Per Side	20:04 Plyo Box / Weights	RT_____W_____ LT_____W_____	RT_____W_____ LT_____W_____	RT_____W_____ LT_____W_____	RT_____W_____ LT_____W_____	RT_____W_____ LT_____W_____	
	04	Isometric Roller Angel Target: 0:33	18:46 Foam Roller	T_____	T_____	T_____	T_____	T_____	

Complex 2	Round 2	05 Power Towel Pull-Up Target: 10 Chin-Up Bar / 2 Towels 17:52	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		06 Explosive Med Ball Pike Target: 10 Medicine Ball 17:12	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		07 Explosive Step-Up Hammer Press Target: 5 Per Side Plyo Box / Weights 16:49	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
		08 Isometric Roller Angel Target: 0:32 Foam Roller 15:42	T _____	T _____	T _____	T _____	T _____
	Round 3	09 Power Towel Pull-Up Target: 10 Chin-Up Bar / 2 Towels 14:50	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		10 Explosive Med Ball Pike Target: 10 Medicine Ball 14:03	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		11 Explosive Step-Up Hammer Press Target: 5 Per Side Plyo Box / Weights 13:25	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
		12 Isometric Roller Angel Target: 0:39 Foam Roller 12:22	T _____	T _____	T _____	T _____	T _____
	Round 4	13 Power Towel Pull-Up Target: 10 Chin-Up Bar / 2 Towels 10:57	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		14 Explosive Med Ball Pike Target: 10 Medicine Ball 10:15	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		15 Explosive Step-Up Hammer Press Target: 5 Per Side Plyo Box / Weights 9:29	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
		16 Isometric Roller Angel Target: 0:33 Foam Roller 8:15	T _____	T _____	T _____	T _____	T _____
	Cool Down	Cool Down Target: 6:56 7:16 Stability Ball	T _____	T _____	R _____	R _____	R _____
	Summary	Time (51:57)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
		Average Heart Rate (BPM)	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
		Calories Burned	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals
P90X2, Disc 12 - P.A.P UPPER							

Tools

- | | |
|---------------------|---------------------|
| 1) Foam Roller* | 7) Chin-Up Bar |
| 2) Bands | 8) Chin-Up Max* |
| 3) Stability Ball | 9) 2 Hand Towels |
| 4) Weights | 10) Plyo Box |
| 5) 1 Medicine Ball* | 11) Water and Towel |
| 6) Weighted Bar | *Optional |

Legend

U - Unassisted
A - Assisted
R - Reps
W - Weight
T - Time
BC - Ball Config
RT / LT - Right / Left

Tip of the Day

"Bring Your Swagger"

WORKSHEETS COMPLETED BY:

COACH MIKE ROBERTS
 TEAMRIGHTNOW.COM
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