

DATE / WEEK							
Warm-Up	01 Twist Target: 10 Stability Ball	54:10	R _____	R _____	R _____	R _____	R _____
	02 Squat Target: 10 Stability Ball	53:47	R _____	R _____	R _____	R _____	R _____
	03 Side Stretch Target: 10 Stability Ball	53:21	R _____	R _____	R _____	R _____	R _____
	04 Alt Back Lunge Target: 10 Stability Ball	52:43	R _____	R _____	R _____	R _____	R _____
	05 Atlas Target: 12 Stability Ball	52:08	R _____	R _____	R _____	R _____	R _____
	06 Foam Rolling Target: 3:08 Foam Roller	51:27	T _____	T _____	T _____	T _____	T _____
	07 Roller Sphinx Target: 0:43 Foam Roller	48:11	T _____	T _____	T _____	T _____	T _____
	08 World's Greatest Stretch Target: 6 Foam Roller	47:24	R _____	R _____	R _____	R _____	R _____
	09 Inch Worm Target: 4	46:23	R _____	R _____	R _____	R _____	R _____
	10 Scorpion Target: 1:00	45:22	T _____	T _____	T _____	T _____	T _____
	11 Groiners Target: 20	44:17	R _____	R _____	R _____	R _____	R _____
Sequence 1	01 Wide Leg TipToe Squat Target: 35	44:12	R _____	R _____	R _____	R _____	R _____
	02 Killer Katherine Lunge Target: 40 1 Medicine Ball	41:44	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03 Fast Feet Chair Jump Target: 1:00	40:48	T _____	T _____	T _____	T _____	T _____
	04 Slalom Line Jump Target: 1:00	39:29	R _____	R _____	R _____	R _____	R _____
	05 Warrior 3 Lunge Target: 24	37:39	R _____	R _____	R _____	R _____	R _____
	06 Jack-In-The-Box Knee Tucks Target: 0:28	35:36	R _____	R _____	R _____	R _____	R _____
	07 Think Drill Target: 1:00	34:36	T _____	T _____	T _____	T _____	T _____
	08 Spartan Squat Lunge Target: 15 Per Side	33:18	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
Water Break (0:33)							
Sequence 2	09 Super Skater Kick Target: 15 Per Side	31:28	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	10 Depth Charge Target: 1:05 Plyo Box	28:56	R _____	R _____	R _____	R _____	R _____
	11 Frog Burpee Hop Target: 0:34	27:09	R _____	R _____	R _____	R _____	R _____
	12 1-Leg Slalom Target: 1:04	26:09	R _____	R _____	R _____	R _____	R _____
	13 1-Leg Squat Target: 15 Per Side	24:09	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	14 Surfer Spin Target: 20	21:57	R _____	R _____	R _____	R _____	R _____
	15 Power 90 Cross Hop Target: 1:01	20:40	R _____	R _____	R _____	R _____	R _____
	16 Wide Leg Jump Press with Med Ball Target: 0:28 1 Medicine Ball	19:10	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Water Break (0:30)							
Sequence 3	17 Launcher Lunge Target: 10 Per Side 1 Medicine Ball	17:56	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
	18 Toe Tap 360 Target: 1:00 1 Medicine Ball	16:55	T _____	T _____	T _____	T _____	T _____
	19 Flying Fighter Kick Target: 10 Per Side	15:19	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	20 Set Sprint Plank Plyo Jump Target: 1:05	13:38	T _____	T _____	T _____	T _____	T _____
Cool Down	Cool Down Target: 12:10 Bands	12:22	T _____	T _____	R _____	R _____	R _____
Summary	Time (55:24)		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 3 - PLYOCIDE

Tools

- 2 Pieces of Tape*
 - Stability Ball
 - Foam Roller
 - 1 Medicine Ball
 - Plyo Box
 - Bands
 - Mat*
 - Water and Towel
- *Optional

Legend

- R** - Reps
W - Weight
T - Time
R / L - Right / Left

WORKSHEETS COMPLETED BY:

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