

DATE / WEEK						
Warm-Up	01 Twist Target: 10 Stability Ball 55:13	R _____	R _____	R _____	R _____	R _____
	02 Squat Target: 10 Stability Ball 54:38	R _____	R _____	R _____	R _____	R _____
	03 Side Stretch Target: 10 Stability Ball 54:01	R _____	R _____	R _____	R _____	R _____
	04 Alt Back Lunge Target: 10 Stability Ball 53:14	R _____	R _____	R _____	R _____	R _____
	05 Atlas Target: 12 Stability Ball 52:36	R _____	R _____	R _____	R _____	R _____
	06 Foam Rolling Target: 6:16 Foam Roller 51:48	T _____	T _____	T _____	T _____	T _____
	07 Roller Angel Target: 0:42 Foam Roller 45:12	T _____	T _____	T _____	T _____	T _____
	08 Roller Sphinx Target: 0:13 Foam Roller 44:25	T _____	T _____	T _____	T _____	T _____
	09 World's Greatest Stretch Target: 6 43:27	R _____	R _____	R _____	R _____	R _____
	10 Inch Worm Target: 4 41:34	R _____	R _____	R _____	R _____	R _____
	11 Scorpion Target: 1:08 40:31	T _____	T _____	T _____	T _____	T _____
	12 Groiners Target: 20 39:15	R _____	R _____	R _____	R _____	R _____
Main Workout	01 Sphinx Plank Crunch Target: Max Reps (0:59) 37:28	R _____	R _____	R _____	R _____	R _____
	02 Warrior 3 Cross Crunch Target: 10 Per Side 36:05	L _____	L _____	L _____	L _____	L _____
	03 Single Leg Walk Out to Sphinx Target: 5 Per Side 33:19	R _____	R _____	R _____	R _____	R _____
	04 Half Angel Target: 10 Per Side 30:21	L _____	L _____	L _____	L _____	L _____
	05 Roller Boat Target: 12 27:37 Mat	R _____	R _____	R _____	R _____	R _____
	06 3 Speed Med Ball Push-Up Target: Max Reps (0:33) 25:08 1 Medicine Ball	R _____	R _____	R _____	R _____	R _____
	07 One Leg Lateral Leap Squat Target: 14 23:27	R _____	R _____	R _____	R _____	R _____
	08 Core Circles Target: Max Reps (0:47) 21:16 Stability Ball	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____
	09 Holmsen Screamer Lunge Target: 15 Per Side 19:53	L _____	L _____	L _____	L _____	L _____
	10 Med Ball Dreyer Roll Target: Max Reps (0:55) 18:01 1 Medicine Ball	W _____	W _____	W _____	W _____	W _____
	11 Plank Burpee on Stability Ball Target: Max Reps-Switch Every 3 (1:05) 16:10 Stability Ball	L _____	L _____	L _____	L _____	L _____
	12 Banana Ball Switch Crunch Target: 15 14:42 Stability Ball or Medicine Ball	BC _____	BC _____	BC _____	BC _____	BC _____
	13 3 Point Squat Press with Med Ball Target: 14 13:22 1 Medicine Ball	W _____	W _____	W _____	W _____	W _____
	14 Slo Mo Balance Climber Target: 20 12:16 Stability Ball	R _____	R _____	R _____	R _____	R _____
	15 X2 Diver Target: 8 10:41	R _____	R _____	R _____	R _____	R _____
	16 Ryan Sphinx Twist Crunch Target: 10 Per Side 9:46 Mat	L _____	L _____	L _____	L _____	L _____
	17 One Leg Med Ball Burpee Target: 12-Switch Every 3 7:41 1 Medicine Ball	R _____	R _____	R _____	R _____	R _____
Cool Down	Cool Down Target: 5:49 6:13 Stability Ball	T _____	T _____	R _____	R _____	R _____
Summary	Time (55:37)	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 2 - X2 CORE

Tools

- 1) Stability Ball
 - 2) Foam Roller
 - 3) Weights / Bands
 - 4) Mat*
 - 5) 1 Medicine Ball*
 - 6) Worksheet and Pen
 - 7) Water and Towel
- *Optional

Legend

- CW** - ClockWise
CCW - CounterClockWise
R - Reps
W - Weight
T - Time
BC - Ball Config

Tip of the Day

"Time Patience Practice"

WORKSHEETS COMPLETED BY:

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