

DATE / WEEK							
Warm-Up	01 Twist Target: 10 Stability Ball	61:58	R	R	R	R	R
	02 Squat Target: 10 Stability Ball	61:20	R	R	R	R	R
	03 Side Stretch Target: 10 Stability Ball	60:46	R	R	R	R	R
	04 Alt Back Lunge Target: 10 Stability Ball	60:09	R	R	R	R	R
	05 Atlas Target: 12 Stability Ball	59:30	R	R	R	R	R
	06 Foam Rolling Target: 3:11 Foam Roller	58:44	T	T	T	T	T
	07 Roller Angel Target: 0:42 Foam Roller	55:21	T	T	T	T	T
	08 Roller Sphinx Target: 0:38 Foam Roller	54:30	T	T	T	T	T
	09 World's Greatest Stretch Target: 6	53:47	R	R	R	R	R
	10 Inch Worm Target: 4	52:35	R	R	R	R	R
	11 Scorpion Target: 1:00	51:27	T	T	T	T	T
	12 Groiners Target: 20	50:20	R	R	R	R	R
Heated Warm-Up	13 Dumbbell Squat Press Target: 10 Weights	49:39	R	R	R	R	R
	14 Mountain Climber Target: Max Reps (0:32) Stability Ball	49:07	R	R	R	R	R
Water Break (1:12)							
Round 1	01 Sphinx to Plank Plyo Bounce Target: Max Reps (0:28) Stability Ball	47:24	R	R	R	R	R
	02 1-Leg Plyo Squat Reach Target: 12 Per Side	46:24	RT LT	RT LT	RT LT	RT LT	RT LT
	03 Russian Twist Target: 30 1 Medicine Ball and 1 Weight	45:15	W1 W2	W1 W2	W1 W2	W1 W2	W1 W2
	04 Sphinx to Plank Roll Up Target: Max Reps (0:40) Stability Ball	43:38	R	R	R	R	R
	05 4-Direction 1-Leg Squat Hop Target: 8 Each Side	42:26	RT LT	RT LT	RT LT	RT LT	RT LT
	06 Forearm Alt Side Plank Target: 8 Each Side Stability Ball	41:03	RT LT	RT LT	RT LT	RT LT	RT LT
Water Break (1:00)							
Round 2	07 Decline Sphinx Plank Press Target: Max Reps (0:56) Stability Ball	38:28	R	R	R	R	R
	08 Weighted Katherine Target: 30 Weights	36:44	R	R	R	R	R
	09 Plank X Crunch Target: 20	35:37	R	R	R	R	R
	10 Renegade Row 1/2 Lolasana Target: Max Reps (1:03) Power Stands	33:42	R	R	R	R	R
	11 Glute Bridge Roll Out Target: 20 Stability Ball	31:19	R	R	R	R	R
	12 Over / Under Boat Target: 20 Band	29:12	R	R	R	R	R
Water Break (1:30)							
Round 3	13 Warrior Row Press Target: 8 Per Side Weights	26:22	RT LT	RT LT	RT LT	RT LT	RT LT
	14 Split Lunge Target: 10 Per Side Stability Ball	23:21	RT LT	RT LT	RT LT	RT LT	RT LT
	15 Crawly Crab Press Target: 12 Stability Ball / Weights	21:23	R	R	R	R	R
	16 Lateral Plyo Push-Ups Target: Max Reps (0:36) 1 Medicine Ball	19:29	R	R	R	R	R
	17 Lunge Kneel Knee Raise Target: 10 Per Side Weights	18:07	RT LT	RT LT	RT LT	RT LT	RT LT
	18 X Plank Spider Twist Target: Max Reps (0:35) Weights	15:46	R	R	R	R	R
Water Break (1:10)							
Bonus Round 4	19 Dumbbell Row To Side Plank Target: 8 Per Side Weights	14:04	R	R	R	R	R
	20 Dumbbell Super Burpee Target: Max Reps (1:09) Weights	12:04	RT LT	RT LT	RT LT	RT LT	RT LT
	21 Plank Ball Crunch Target: Max reps (0:52) Stability Ball	10:15	R	R	R	R	R
Cool Down	Cool Down Target: 8:35 Stability Ball	8:53	T	T	R	R	R
Summary	Time (62:02)		Start End Total	Start End Total	Start End Total	Start End Total	Start End Total
	Average Heart Rate (BPM)		Ave	Ave	Ave	Ave	Ave
	Calories Burned		Cals	Cals	Cals	Cals	Cals

P90X2, Disc 7 - BALANCE + POWER

Tools
 1) Stability Ball 5) PowerStands*
 2) Foam Roller 6) Mat*
 3) Weights / Bands 7) Worksheet and Pen
 4) 1 Medicine Ball* 8) Water and Towel
 *Optional

Legend
R - Reps
W - Weight
T - Time
RT / LT - Right / Left

Tip of the Day
"Form Is King"

WORKSHEETS COMPLETED BY:
 COACH MIKE ROBERTS
 TEAMRIGHTNOW.COM
 TEAMRIGHTNOW@GMAIL.COM

