

DATE / WEEK									
Warm-Up	01	Heel Walk Target: 0:24	61:22	T_____	T_____	T_____	T_____	T_____	
	02	Feet Smackers Target: 0:25	60:57	T_____	T_____	T_____	T_____	T_____	
	03	World's Greatest Stretch Target: 6	60:33	R_____	R_____	R_____	R_____	R_____	
	04	Inch Worm Target: 7	59:21	R_____	R_____	R_____	R_____	R_____	
	05	Fire Hydrant Target: 10 Per Side	58:01	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	
	06	Scorpion Target: 1:00	56:28	T_____	T_____	T_____	T_____	T_____	
	07	Groners Target: 20	55:27	R_____	R_____	R_____	R_____	R_____	
	08	March Skippers Target: 0:28	54:52	T_____	T_____	T_____	T_____	T_____	
	09	Leg Swing Target: 1:14	54:17	T_____	T_____	T_____	T_____	T_____	
Heated Warm-Up	10	Speed Slalom Target: 0:22	52:55	T_____	T_____	T_____	T_____	T_____	
	11	Speed Front / Back Hop Target: 0:25	52:22	T_____	T_____	T_____	T_____	T_____	
	12	Lateral Plyo Skaters Target: 0:22	51:55	T_____	T_____	T_____	T_____	T_____	
	13	Foam Rolling Target: 3:07 Foam Roller	51:18	T_____	T_____	T_____	T_____	T_____	
Complex 1	Round 1	01	Power Step-Up Convict Target: 8 Per Side Weights / Plyo Box	47:18	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____
				LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	
		02	Explosive Skater Plyo Target: 8	46:01	R_____	R_____	R_____	R_____	R_____
		03	Explosive One Leg Line Hop Target: 0:44 (Change every 5s)	45:37	T_____	T_____	T_____	T_____	T_____
	Round 2	04	Isometric Tony's Triangle Target: 5 Per Side	44:43	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
		05	Power Step-Up Convict Target: 8 Per Side Weights / Plyo Box	43:05	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____
				LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	
		06	Explosive Skater Plyo Target: 8	41:34	R_____	R_____	R_____	R_____	R_____
	Round 3	07	Explosive One Leg Line Hop Target: 0:42 (Change every 5s)	41:15	T_____	T_____	T_____	T_____	T_____
		08	Isometric Tony's Triangle Target: 5 Per Side	41:22	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
		09	Power Step-Up Convict Target: 8 Per Side Weights / Plyo Box	38:50	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____
				LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	
	Round 4	10	Explosive Skater Plyo Target: 8	37:23	R_____	R_____	R_____	R_____	R_____
		11	Explosive One Leg Line Hop Target: 0:44 (Change every 5s)	37:08	T_____	T_____	T_____	T_____	T_____
		12	Isometric Tony's Triangle Target: 5 Per Side	36:09	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
		13	Power Step-Up Convict Target: 8 Per Side Weights / Plyo Box	34:38	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____
				LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	
		14	Explosive Skater Plyo Target: 8	33:11	R_____	R_____	R_____	R_____	R_____
		15	Explosive One Leg Line Hop Target: 0:44 (Change every 5s)	32:57	T_____	T_____	T_____	T_____	T_____
		16	Isometric Tony's Triangle Target: 5 Per Side	32:03	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____
Water Break (1:17)									
	Round 1	01	Power Squat Cross Reach Target: 8 Per Side Weights / 2 Medicine Balls	29:48	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____
				LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	LT_____W_____	
		02	Explosive Split Squat Jump Target: 6	27:57	R_____	R_____	R_____	R_____	R_____
		03	Explosive Monster Slalom Target: 0:30	27:35	T_____	T_____	T_____	T_____	T_____
		04	Isometric Side Bridge Leg Lift Target: 1:14 (Switch Legs Halfway)	26:52	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____	RT_____LT_____

Complex 2	Round 2	05 Power Squat Cross Reach <i>Target: 8 Per Side</i> <i>Weights / 2 Medicine Balls</i>	25:12	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
		06 Explosive Split Squat Jump <i>Target: 6</i>	23:33	R _____	R _____	R _____	R _____	R _____
		07 Explosive Monster Slalom <i>Target: 0:32</i>	23:08	T _____	T _____	T _____	T _____	T _____
		08 Isometric Side Bridge Leg Lift <i>Target: 1:26 (Switch Legs Halfway)</i>	22:12	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	Round 3	09 Power Squat Cross Reach <i>Target: 8 Per Side</i> <i>Weights / 2 Medicine Balls</i>	20:19	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
		10 Explosive Split Squat Jump <i>Target: 6</i>	18:42	R _____	R _____	R _____	R _____	R _____
		11 Explosive Monster Slalom <i>Target: 0:33</i>	18:22	T _____	T _____	T _____	T _____	T _____
		12 Isometric Side Bridge Leg Lift <i>Target: 1:26 (Switch Legs Halfway)</i>	17:14	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	Round 4	13 Power Squat Cross Reach <i>Target: 8 Per Side</i> <i>Weights / 2 Medicine Balls</i>	15:31	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
		14 Explosive Split Squat Jump <i>Target: 6</i>	13:55	R _____	R _____	R _____	R _____	R _____
		15 Explosive Monster Slalom <i>Target: 0:30</i>	13:42	T _____	T _____	T _____	T _____	T _____
		16 Isometric Side Bridge Leg Lift <i>Target: 1:13 (Switch Legs Halfway)</i>	12:59	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	Cool Down	Cool Down <i>Target: 11:12</i>	11:26	T _____	T _____	R _____	R _____	R _____
	Summary	Time (61:46)		Start _____	Start _____	Start _____	Start _____	Start _____
				End _____	End _____	End _____	End _____	End _____
				Total _____	Total _____	Total _____	Total _____	Total _____
Average Heart Rate (BPM)		Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM		
Calories Burned		_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals		

## P90X2, DISC 11 - P.A.P LOWER

### Tools

- 2 Pieces of Tape\*
  - Foam Roller
  - Plyo Box\*
  - Wights and Bands
  - 2 Medicine Balls\*
  - Water and Towel
- \*Optional

### Legend

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

WORKSHEETS COMPLETED BY:

COACH MIKE ROBERTS  
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DATE / WEEK							
Warm Up	Warm Up Target: 12:38 <i>Foam Roller / Stability Ball</i>		T_____	T_____	T_____	T_____	T_____
Complex 1	Round 1	01 <u>Power</u> Renegade Row Target: 10 39:19 <i>Weights</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		02 <u>Explosive</u> Plyo Push-Up Target: 6 37:22	R_____	R_____	R_____	R_____	R_____
		03 <u>Isometric</u> Plank on Med Ball Target: 1:02 37:05 <i>Medicine Ball</i>	T_____BC_____	T_____BC_____	T_____BC_____	T_____BC_____	T_____BC_____
		04 <u>Isometric</u> Superman Target: 0:45 35:50 <i>Weighted Bar</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 2	05 <u>Power</u> Renegade Row Target: 10 34:30 <i>Weights</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		06 <u>Explosive</u> Plyo Push-Up Target: 6 33:38	R_____	R_____	R_____	R_____	R_____
		07 <u>Isometric</u> Plank on Med Ball Target: 1:06 33:17 <i>Medicine Ball</i>	T_____BC_____	T_____BC_____	T_____BC_____	T_____BC_____	T_____BC_____
		08 <u>Isometric</u> Superman Target: 0:46 31:53 <i>Weighted Bar</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 3	09 <u>Power</u> Renegade Row Target: 10 30:34 <i>Weights</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		10 <u>Explosive</u> Plyo Push-Up Target: 6 29:19	R_____	R_____	R_____	R_____	R_____
		11 <u>Isometric</u> Plank on Med Ball Target: 1:01 29:00 <i>Medicine Ball</i>	T_____BC_____	T_____BC_____	T_____BC_____	T_____BC_____	T_____BC_____
		12 <u>Isometric</u> Superman Target: 0:46 27:19 <i>Weighted Bar</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	Round 4	13 <u>Power</u> Renegade Row Target: 10 26:15 <i>Weights</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		14 <u>Explosive</u> Plyo Push-Up Target: 6 25:23	R_____	R_____	R_____	R_____	R_____
		15 <u>Isometric</u> Plank on Med Ball Target: 1:00 24:59 <i>Medicine Ball</i>	T_____BC_____	T_____BC_____	T_____BC_____	T_____BC_____	T_____BC_____
		16 <u>Isometric</u> Superman Target: 0:46 23:35 <i>Weighted Bar</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Water Break (1:28)							
Complex 2	Round 1	01 <u>Power</u> Towel Pull-Up Target: 10 21:02 <i>Chin-Up Bar / 2 Towels</i>	U_____A_____	U_____A_____	U_____A_____	U_____A_____	U_____A_____
		02 <u>Explosive</u> Med Ball Pike Target: 10 20:39 <i>Medicine Ball</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		03 <u>Explosive</u> Step-Up Hammer Press Target: 5 Per Side 20:04 <i>Plyo Box / Weights</i>	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____
		04 <u>Isometric</u> Roller Angel Target: 0:33 18:46 <i>Foam Roller</i>	T_____	T_____	T_____	T_____	T_____
	Round 2	05 <u>Power</u> Towel Pull-Up Target: 10 17:52 <i>Chin-Up Bar / 2 Towels</i>	U_____A_____	U_____A_____	U_____A_____	U_____A_____	U_____A_____
		06 <u>Explosive</u> Med Ball Pike Target: 10 17:12 <i>Medicine Ball</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		07 <u>Explosive</u> Step-Up Hammer Press Target: 5 Per Side 16:49 <i>Plyo Box / Weights</i>	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____
		08 <u>Isometric</u> Roller Angel Target: 0:32 15:42 <i>Foam Roller</i>	T_____	T_____	T_____	T_____	T_____
	Round 3	09 <u>Power</u> Towel Pull-Up Target: 10 14:50 <i>Chin-Up Bar / 2 Towels</i>	U_____A_____	U_____A_____	U_____A_____	U_____A_____	U_____A_____
		10 <u>Explosive</u> Med Ball Pike Target: 10 14:03 <i>Medicine Ball</i>	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
		11 <u>Explosive</u> Step-Up Hammer Press Target: 5 Per Side 13:25 <i>Plyo Box / Weights</i>	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____	RT_____W_____LT_____W_____

Round 4	12 <i>Isometric</i> Roller Angel Target: 0:39 12:22 Foam Roller	T_____	T_____	T_____	T_____	T_____
	13 Power Towel Pull-Up Target: 10 10:57 Chin-Up Bar / 2 Towels	U_____A_____	U_____A_____	U_____A_____	U_____A_____	U_____A_____
	14 <i>Explosive</i> Med Ball Pike Target: 10 10:15 Medicine Ball	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	15 <i>Explosive</i> Step-Up Hammer Press Target: 5 Per Side 9:29 Plyo Box / Weights	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____	RT_____W_____
	16 <i>Isometric</i> Roller Angel Target: 0:33 8:15 Foam Roller	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 _____	Start _____	Start _____	Start _____	Start _____
		End _____	End _____	End _____	End _____	End _____
		Total _____	Total _____	Total _____	Total _____	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:

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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      |
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| 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

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