

Adaptive and Mastery Phase

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	DATE _____ Interval X Plus (41m) HR / Cal _____ / _____ BPM Calories	DATE _____ Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	DATE _____ Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	DATE _____ Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	DATE _____ Interval X Plus (41m) HR / Cal _____ / _____ BPM Calories	DATE _____ Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	DATE _____ Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	DATE _____ Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	DATE _____ Interval X Plus (41m) HR / Cal _____ / _____ BPM Calories	DATE _____ Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	DATE _____ Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	DATE _____ Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
DATE _____ P90X Back & Biceps (51m) HR / Cal _____ / _____ BPM Calories P90X Ab Ripper X (16m) HR / Cal _____ / _____ BPM Calories	DATE _____ P90X Core Synergistics (57m) HR / Cal _____ / _____ BPM Calories	DATE _____ P90X Chest, Shoulders & Tris (55m) HR / Cal _____ / _____ BPM Calories	DATE _____ P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories	DATE _____ P90X Legs & Back (59m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	DATE _____ Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories

Recovery Phase

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Day 29 <u>DATE</u> Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 30 <u>DATE</u> P90X Plyometrics (58m) HR / Cal _____ / _____ BPM Calories	Day 31 <u>DATE</u> Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	Day 32 <u>DATE</u> P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 33 <u>DATE</u> Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 34 <u>DATE</u> Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 35 <u>DATE</u> Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 36 <u>DATE</u> Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 37 <u>DATE</u> P90X Plyometrics (58m) HR / Cal _____ / _____ BPM Calories	Day 38 <u>DATE</u> Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	Day 39 <u>DATE</u> P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 40 <u>DATE</u> Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 41 <u>DATE</u> Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 42 <u>DATE</u> Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 43 <u>DATE</u> Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 44 <u>DATE</u> P90X Plyometrics (58m) HR / Cal _____ / _____ BPM Calories	Day 45 <u>DATE</u> Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	Day 46 <u>DATE</u> P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 47 <u>DATE</u> Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 48 <u>DATE</u> Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 49 <u>DATE</u> Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 50 <u>DATE</u> P90X Chest & Back (53m) HR / Cal _____ / _____ BPM Calories P90X Ab Ripper X (16m) HR / Cal _____ / _____ BPM Calories	Day 51 <u>DATE</u> P90X Core Synergistics (57m) HR / Cal _____ / _____ BPM Calories	Day 52 <u>DATE</u> P90X Shoulders & Arms (60m) HR / Cal _____ / _____ BPM Calories P90X Ab Ripper X (16m) HR / Cal _____ / _____ BPM Calories	Day 53 <u>DATE</u> P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories	Day 54 <u>DATE</u> P90X Legs & Back (59m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 55 <u>DATE</u> P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 56 <u>DATE</u> Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories

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Recovery Phase

Day 57 DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 58 DATE _____ interval X Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 59 DATE _____ Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	Day 60 DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 61 DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 62 DATE _____ Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 63 DATE _____ Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 64 DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 65 DATE _____ P90X Plyometrics (58m) HR / Cal _____ / _____ BPM Calories	Day 66 DATE _____ Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	Day 67 DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 68 DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 69 DATE _____ Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 70 DATE _____ Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 71 DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 72 DATE _____ interval X Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 73 DATE _____ Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	Day 74 DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 75 DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 76 DATE _____ Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 77 DATE _____ Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 78 DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 79 DATE _____ P90X Plyometrics (58m) HR / Cal _____ / _____ BPM Calories	Day 80 DATE _____ Total Body Plus (45m) HR / Cal _____ / _____ BPM Calories	Day 81 DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 82 DATE _____ Upper Plus (41m) HR / Cal _____ / _____ BPM Calories Abs / Core Plus X (20m) HR / Cal _____ / _____ BPM Calories	Day 83 DATE _____ Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 84 DATE _____ Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories
Day 85 DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 86 DATE _____ P90X Core Synergistics (57m) HR / Cal _____ / _____ BPM Calories	Day 87 DATE _____ Kenpo Cardio Plus (41m) HR / Cal _____ / _____ BPM Calories	Day 88 DATE _____ P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories	Day 89 DATE _____ P90X Core Synergistics (57m) HR / Cal _____ / _____ BPM Calories	Day 90 DATE _____ P90X Yoga X (92m) HR / Cal _____ / _____ BPM Calories	Day 91 DATE _____ Rest or P90X X Stretch (57m) HR / Cal _____ / _____ BPM Calories

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