

DATE / WEEK						
Round 1	01 <u>Hanging</u> - Hanging Toe Tap Knee Raises	R _____	R _____	R _____	R _____	R _____
	02 <u>Standing</u> - Tip Toe O Crunch	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	03 <u>Plank</u> - Scorpion Plank	R _____	R _____	R _____	R _____	R _____
	04 <u>Sitting</u> - Banana Cannonball	R _____	R _____	R _____	R _____	R _____
Round 2	05 <u>Hanging</u> - Hanging Up & Overs	R _____	R _____	R _____	R _____	R _____
	06 <u>Standing</u> - Discus Throwers	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	07 <u>Plank</u> - Warrior Bow	R _____	R _____	R _____	R _____	R _____
	08 <u>Sitting</u> - Scissor Climbers	R _____	R _____	R _____	R _____	R _____
Round 3	09 <u>Hanging</u> - Hanging Knee Kicks	R _____	R _____	R _____	R _____	R _____
	10 <u>Standing</u> - Wood Chopper	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	11 <u>Plank</u> - Down Dog Crunch	R _____	R _____	R _____	R _____	R _____
	12 <u>Sitting</u> - Banana Mason	R _____	R _____	R _____	R _____	R _____
Round 4	13 <u>Hanging</u> - Mixed Bike	R _____	R _____	R _____	R _____	R _____
	14 <u>Standing</u> - X Crunch	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	15 <u>Plank</u> - Plank Sphinx with Plange	R _____	R _____	R _____	R _____	R _____
	16 <u>Sitting</u> - Seated Backstroke	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 5	17 <u>Hanging</u> - Hanging Pelvic Tilt	R _____	R _____	R _____	R _____	R _____
	18 <u>Standing</u> - Straight Leg X Crunch	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	19 <u>Plank</u> - 360 Chataranga Run	R _____	R _____	R _____	R _____	R _____
	20 <u>Sitting</u> - Cherry Bomb	R _____	R _____	R _____	R _____	R _____
Cool Down (0:28)						
Time (20 Min)	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	

P90X⁺ - ABS / CORE PLUS

Tools

- 1) Weights / Bands
- 2) Chin-Up Bar
- 3) Worksheet and Pen
- 4) Water and Towel

Legend

- R** - Reps
- W** - Weight
- RT / LT** - Right / Left
- U** - Unassisted
- A** - Assisted

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

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