

DATE / WEEK						
Warm-Up (5:14)						
Round 1	01 <u>Chest (& Triceps)</u> - Double Double Dip'll Do Ya 2 - Push-Ups / 2 - Tri Dips	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	02 <u>Back</u> - Dead Leg Switch Pull-Up Switch Every Rep	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	03 <u>Shoulders</u> - 2-Direction Circle Flies CW to/from CCW Every 15s	CW _____ W _____ CCW _____ W _____	CW _____ W _____ CCW _____ W _____	CW _____ W _____ CCW _____ W _____	CW _____ W _____ CCW _____ W _____	CW _____ W _____ CCW _____ W _____
	04 <u>Biceps</u> - Lunge Curls	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	05 <u>Triceps</u> - Hammer Kicks	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
Water Break (0:30)						
Round 2	06 <u>Chest</u> - Frog Push-Ups	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	07 <u>Back</u> - "L" Chin-Ups	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	08 <u>Shoulders</u> - Fly Blast / "The Blaster"	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	09 <u>Bicep</u> - Lean Back Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 <u>Triceps</u> - 1-Legged Bridge Dips Switch Every 4 Reps	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Water Break (0:30)						
Round 3	11 <u>Chest</u> - Spiderman Push-Ups	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	12 <u>Back</u> - 7-Point Pull-Ups	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	13 <u>Shoulders</u> - Warrior Swim	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	14 <u>Biceps</u> - Pumper Curls 4 - Short & Fast / 2 - Full & Slow	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 <u>Triceps</u> - Side Hammer Kicks	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
Water Break (0:30)						
Round 4	16 <u>Chest</u> - Iso Climber Push-Ups	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	17 <u>Back</u> - Clean to Negative	U _____ A _____ Type _____	U _____ A _____ Type _____	U _____ A _____ Type _____	U _____ A _____ Type _____	U _____ A _____ Type _____
	18 <u>Shoulders</u> - Shoulder Everything 2x - Bent T, W, V / Straight T, W, V	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	19 <u>Bicep</u> - Bicep Everything 2x - Out, Straight, Supination, Hammer	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20 <u>Triceps (& Chest)</u> - Combat Push-Ups	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
Cool Down (3:09)						
Time (41 Min)		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

Tools

- Weights / Bands
 - Push-Up Bars / Power Stands*
 - Chin-Up Bar or Bands (w/ Door to Band Attachment)
 - Chin-Up Max Assist*
 - Worksheet and Pen
 - Water and Towel
- *Optional

Legend

- R** - Reps
W - Weight
RT / LT - Right / Left
U - Unassisted
A - Assisted
CW - Clockwise
CCW - CounterClockwise

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM

