



DATE / WEEK						
Sequence 1	01 Duck & Cover <i>Target: 30s</i>	Round 1 _____ Round 2 _____ Round 3 _____				
	02 Twist Lunge Reach & Jump <i>Target: 30s</i>	Round 1 _____ Round 2 _____ Round 3 _____				
	03 Squat Knee Kicks (Alt. Legs) <i>Target: 30s</i>	Round 1 _____ Round 2 _____ Round 3 _____				
Sequence 2	04 Squat Spin Jump <i>Target: 30s</i>	Round 1 _____ Round 2 _____ Round 3 _____				
	05 Scoop (Cross Room Floor Touch) <i>Target: 30s</i>	Round 1 _____ Round 2 _____ Round 3 _____				
	06 Tires w/ Elbows (Wacky Jacks) <i>Target: 30s</i>	Round 1 _____ Round 2 _____ Round 3 _____				
Sequence 3	07 Jab - Slide - UpperCut <i>Target: 30s</i>	Round 1 _____ Round 2 _____ Round 3 _____				
	08 Low Block - Lunge - Hammer <i>Target: 30s</i>	Round 1 _____ Round 2 _____ Round 3 _____				
	10 Jump Kicks <i>Target: 30s</i>	Round 1 _____ Round 2 _____ Round 3 _____				
Time (47 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	

ONE ON ONE, VOLUME 1 / DISC 7 - SUPER CARDIO 5-6

Tools
1) Water & Towel

Notes
Significant Warm-Up (10 minutes) and Cool-Down

WORKSHEETS COMPLETED BY:
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