



DATE / WEEK					
01 Calf Raise Squats Target: 30-45	R _____	R _____	R _____	R _____	R _____
02 Run Stance Squats Target: 40-60 (Switch every 5)	R _____	R _____	R _____	R _____	R _____
03 Super Skater Target: 20 / Leg	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____
04 Side Long Jump Target: 40-50 (2 Coasters)	R _____	R _____	R _____	R _____	R _____
05 Wall Squat Target: 1-3 Minutes	Time _____	Time _____	Time _____	Time _____	Time _____
06 Mary Katherine Lunges Target: 30-40 (w/ Med. Ball)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 Monster Groucho Walk Target: 20-30 steps	R _____	R _____	R _____	R _____	R _____
08 Run Stance Squat Switch Target: 30-45	R _____	R _____	R _____	R _____	R _____
09 Deadlift Squats Target: 15-20 / Leg	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____
10 Leap Frog Squats Target: 20 (w/ Med. Ball)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 Chair Salutations Target: 30-40s (x2)	T1 _____ T2 _____	T1 _____ T2 _____	T1 _____ T2 _____	T1 _____ T2 _____	T1 _____ T2 _____
12 4 Corner Target: 15-20 (x2) (4 Coasters)	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
13 Single Leg Wall Squat Target: 1-2 Minutes (10s / Leg)	Time _____	Time _____	Time _____	Time _____	Time _____
14 Tires / Wacky Jacks Target: 50-100	R _____	R _____	R _____	R _____	R _____
15 Rolling ISO Lunge Target: 30-50 per Leg	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____
16 Squat Jack / Sumo Chair Target: 20	R _____	R _____	R _____	R _____	R _____
17 Side Lunge Reach Target: 30-40 (w/ Med. Ball)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 Run Stance 180 Jump Switch Target: 20-40 (x2)	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
19 1-Leg Speed Squats Target: 25 / Leg	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____	LT _____ RT _____
20 Eggen Brothers Target: 60-120	R _____	R _____	R _____	R _____	R _____
Time (64 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 1 - PLYO LEGS

Tools

- 1) Med Ball (4-6 lbs) or Dumb bells
 - 2) Flat Markers (Tony uses cut up Thin Cork Coasters)
 - 3) Worksheet and Pen
 - 4) Water and Towel
- *Optional

Legend

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

Notes

Do 4-5 minutes of warmup on your own as Tony gets right into it.

WORKSHEETS COMPLETED BY:
 COACH MIKE ROBERTS

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