



# ONE ON ONE, VOLUME 1

| Disc | Workout                          | Time       | Target Muscles  | Exercises   |
|------|----------------------------------|------------|---|---|
| 1    | Plyo Legs                        | 64m        | Legs, Glutes  | 20 Exercises  |
| 2    | Power 90Road Warrior             | 54m        | Chest, Back, Shoulders<br>Bicep, Tricep, Glutes, Legs | 4 Rounds<br>7 Exercises Per Round   |
| 3    | Killer Abs                       | 25m        | Abs   | Ab Ripper + Ab Ripper X<br>20 Reps Per Exercise   |
| 4    | Just Arms                        | 47m        | Bicep, Tricep, Forearm                                | 6 Rounds + 1 Bonus Round<br>3 Exercises Per Round<br>5 Exercises in Bonus Round               |
| 5    | 30 / 15                          | 60m        | Chest / Back  | 12 Rounds (2 Exercises Per)   |
| 6    | Fountain of Youth - Yoga         | 48m        | Total Body  | Abridged Version of Yoga X  |
| 7    | Super Cardio 5-6 Plus            | 47m        | Legs and Cardio                                       | 3 Sequences<br>3 Rounds Per Sequence  |
| 8    | Mammoth UML<br>Apres Ski Workout | 57m<br>18m | Upper, Middle, Lower<br>Stretch                       | 6 Rounds<br>3 Exercises (U,M,L) Per Round   |
| 9    | Bun Shaper                       | 50m        | Glutes, Legs  | 6 Rounds<br>3 Exercises Per Round   |
| 10   | Medicine Ball Core Cardio        | 37m        | Legs / Core   | 5 Rounds<br>4 Exercises Per Round   |
| 11   | Results 4 Recovery               | 38m        | Total Body Recovery                                   | Stretch<br>Cardio (2 Rounds of 4 Exercises)<br>Light Resistance (7 Exercises)<br>Yoga Stretch |
| 12   | Diamond Delts                    | 37m        | Shoulders   | 6 Rounds<br>3 Exercises Per Round   |
| 13   | Horton Holiday                   | 17m        | Total Body  | Free for All.<br>Tony exercising with midgets!<br>10 Exercises (60s Per)                      |



WORKSHEETS COMPLETED BY:  
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