



DATE / WEEK						
Round 1	01 Press Jacks	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	02 Squat Curls	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	03 Clear The Lane	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	04 Toe Touch	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
Round 2	05 Knee Up Run Twist	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	06 Squat Reach	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	07 Lunge Switch	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	08 Twisters	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
Round 3	09 Tires	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	10 Jump Over Ball	R1 _____	R1 _____	R1 _____	R1 _____	R1 _____
		R2 _____	R2 _____	R2 _____	R2 _____	R2 _____
	11 Power Knee	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		*Tony skips in R2	*Tony skips in R2	*Tony skips in R2	*Tony skips in R2	*Tony skips in R2
	12 High - Low Cross Twist	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
Round 4	13 Side Lunge Press Pass	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	14 Crescent Chair	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	15 Hop Around the World	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	16 Bella Twist	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
Round 5	17 Press Jacks	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	18 Clear The Lane	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	19 Squat Curls	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	20 Toe Touch	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____	R1 _____ W1 _____
		R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____	R2 _____ W2 _____
	Time (37 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
ONE ON ONE, VOLUME 1 / DISC 10 - MED BALL CORE CARDIO						

Tools

- 1) Medicine Balls (Various Weights)
- 2) Water and Towel

Legend

- R1** - Reps - Round 1
R2 - Reps - Round 2
W1 - Weight - Round 1
W2 - Weight - Round 2

Notes

Good Warm-Up and Cool Down

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM

