



DATE / WEEK						
Sequence 1	Round 1	01 Pike Press	R _____ Position _____	R _____ Position _____	R _____ Position _____	R _____ Position _____
		02 Shoulder Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		03 6 Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 2	04 Pike Press	R _____ Position _____	R _____ Position _____	R _____ Position _____	R _____ Position _____
		05 Shoulder Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		06 6 Direction Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Sequence 2	Round 3	07 Pike Press	R _____ Position _____	R _____ Position _____	R _____ Position _____	R _____ Position _____
		08 Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		09 Lean Over Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 4	10 Pike Press	R _____ Position _____	R _____ Position _____	R _____ Position _____	R _____ Position _____
		11 Shoulder Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		12 Lean Over Fly	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Sequence 3	Round 5	13 Deep Arnold Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		14 Upright Row Y-Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		15 Side Press	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	Round 6	16 Deep Arnold Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		17 Upright Row Y-Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		18 Side Press	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
		Time (37 Min)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
		Average Heart Rate (BPM)	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
		Calories Burned	_____ Cals	_____ Cals	_____ Cals	_____ Cals

ONE ON ONE, VOLUME 1 / DISC 12 - DIAMOND DELTS

Tools

- Weights / Bands
- Push-Up Bars / Power Stands*
- Bench (Or Chair)
- Worksheet and Pen
- Water and Towel

*Optional

Legend

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

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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DATE / WEEK					
01 Christmas Combo Pull-Ups / Push-Ups <i>Target - 60s (Switch every 15s)</i>	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
02 Hanukkah Twist & Shout <i>Target - 60s</i>	T _____	T _____	T _____	T _____	T _____
03 Reindeer Curls <i>Target: 60s - Switch every 15s</i>	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____
04 Snow Ski and Skate <i>Target: 60s</i>	T _____	T _____	T _____	T _____	T _____
05 Icicle Bicycle (Straight Leg / Straight Arms) <i>Target: 60s (Slow - 15s, Fast - 15s, etc)</i>	T _____	T _____	T _____	T _____	T _____
06 Frosty Fruit Punch Punch <i>Target: 60s</i>	T _____	T _____	T _____	T _____	T _____
07 Kwanzaa Kicks <i>Target: 60s</i>	T _____	T _____	T _____	T _____	T _____
08 Candy Cane Crunches (Full X to Crunch) <i>Target: 60s</i>	T _____	T _____	T _____	T _____	T _____
09 Fruit Cake Presses <i>Target: 60s (Narrow / Wide, every 15s)</i>	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____
10 Elf & a T-Ho Ho Ho Dance <i>Target: 60s</i>	T _____	T _____	T _____	T _____	T _____
Time (17 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 13 - HORTON HOLIDAY

Tools

- 1) Push-Up Bars / Power Stands*
- 2) Chin-Up Bar
- 3) Chair or Chin-Up Max Assist
- 4) Resistance Bands
- 5) Worksheet and Pen
- 6) Water and Towel

*Optional

Legend

- R** - Reps
W - Weight
T - Time
U - Unassisted
A - Assisted

Notes

This is hilarious

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