



DATE / WEEK							
Sequence 1	Round 1	01 Squat - Wide Stance Side to Side Target - 40	R _____	R _____	R _____	R _____	R _____
		02 Lunge - Knee Kick Back Lunge (R/L) Target - 20 / Leg	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
		03 Kick - Side Kicks Target - 30	R _____	R _____	R _____	R _____	R _____
	Round 2	04 Squat - 8 Card Pick Up Target - 1 Round	R _____	R _____	R _____	R _____	R _____
		05 Lunge - Cross Over Step Back Lunges Target - 30	R _____	R _____	R _____	R _____	R _____
		06 Kick - Back Kicks (R/L) Target - 30 / Leg	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	Round 3	07 Squat - Sit Down Squats Target - 30	R _____	R _____	R _____	R _____	R _____
		08 Lunge - Mary Catherine Plyo Lunges (w/ Medicine Ball) Target - 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		09 Kick - Core Crunch Side Kick (R/L) Target - 20 / Leg	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Sequence 2	Round 4	10 Squat - Wide Stance Side to Side Target - 40	R _____	R _____	R _____	R _____	R _____
		11 Lunge - Knee Kick Back Lunge (R/L) Target - 20 / Leg	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
		12 Kick - Side Kicks Target - 30	R _____	R _____	R _____	R _____	R _____
	Round 5	13 Squat - 8 Card Pick Up Target - 1 Round	R _____	R _____	R _____	R _____	R _____
		14 Lunge - Cross Over Step Back Lunges Target - 30	R _____	R _____	R _____	R _____	R _____
		15 Kick - Back Kicks (R/L) Target - 25 / Leg	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	Round 6	16 Squat - Sit Down Squats Target - 30	R _____	R _____	R _____	R _____	R _____
		17 Lunge - Mary Catherine Plyo Lunges (w/ Medicine Ball) Target - 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		18 Kick - Core Crunch Side Kick (R/L) Target - 20 / Leg	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	Time (50 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 9 - BUN SHAPER

Tools

- 1) Chair (w/ Arms)
- 2) Playing Cards
- 3) Medicine Ball ~6lb
- 4) Short Stool
- 5) Water and Towel

Legend

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

WORKSHEETS COMPLETED BY:
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