



DATE / WEEK							
Sequence 1	01 Duck & Cover Target: 30s	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	
	02 Twist Lunge Reach & Jump Target: 30s	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	
	03 Squat Knee Kicks (Alt. Legs) Target: 30s	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	
Sequence 2	04 Squat Spin Jump Target: 30s	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	
	05 Scoop (Cross Room Floor Touch) Target: 30s	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	
	06 Tires w/ Elbows (Wacky Jacks) Target: 30s	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	
Sequence 3	07 Jab - Slide - UpperCut Target: 30s	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	
	08 Low Block - Lunge - Hammer Target: 30s	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	
	10 Jump Kicks Target: 30s	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	Round 1 _____	
		Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	Round 2 _____	
		Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	Round 3 _____	
	Time (47 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 7 - SUPER CARDIO 5-6

Tools

1) Water & Towel

Notes

Significant Warm-Up (10 minutes) and Cool-Down

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

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