



DATE / WEEK						
Round 1	01 <u>Chest</u> - Standard Push-Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	02 <u>Back</u> - Wide Front Pull-Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	03 <u>Chest</u> - Standard Push-Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	04 <u>Back</u> - Front Pull-Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
Round 2	05 <u>Chest</u> - Military Push Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	06 <u>Back</u> - Lever Pull Ups / Chin Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	07 <u>Chest</u> - Military Push Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	08 <u>Back</u> - Lever Pull Ups / Chin Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
Round 3	09 <u>Chest</u> - Wide Push Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	10 <u>Back</u> - Narrow Grip Pull Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	11 <u>Chest</u> - Wide Push Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	12 <u>Back</u> - Narrow Grip Pull Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
Round 4	13 <u>Chest</u> - Diamond Push Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	14 <u>Back</u> - Reverse Grip Chin Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	15 <u>Chest</u> - Diamond Push Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	16 <u>Back</u> - Reverse Grip Chin Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
Round 5	17 <u>Chest</u> - Staggered Hand Push Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	18 <u>Back</u> - Switch Grip Pull Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	19 <u>Chest</u> - Staggered Hand Push Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	20 <u>Back</u> - Switch Grip Pull Ups	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
Round 6	21 <u>Chest</u> - Standard to Chaturanga	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	22 <u>Back</u> - Alternating Hands	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	23 <u>Chest</u> - Standard to Chaturanga	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	24 <u>Back</u> - Alternating Hands	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____	U ____ A ____
	<b>Time (60 Min)</b>	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	<b>Average Heart Rate (BPM)</b>	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
	<b>Calories Burned</b>	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals

## ONE ON ONE, VOLUME 1 / DISC 5 - THIRTY FIFTEEN

### Tools

- 1) Push-Up Bars / Power Stands\*
- 2) Chin-Up Bar or Bands (w/ Door to Band Attachment)
- 3) Chin-Up Max Assist\*
- 4) Worksheet and Pen
- 5) Water and Towel

\*Optional

### Legend

U - Unassisted  
A - Assisted

### Notes

Do 4-5 minutes of warmup on your own as Tony gets right into it. Oh...and **Bring Your Swagger!!**

WORKSHEETS COMPLETED BY:  
COACH MIKE ROBERTS  
TEAMRIGHTNOW.COM  
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