



DATE / WEEK						
Ab Ripper 200	<b>01</b> Crunches Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>02</b> Left Side Crunch Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>03</b> Right Side Crunch Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>04</b> Elbows to Knees Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>05</b> Superman Crunch Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>06</b> Leg Lifts Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>07</b> In & Outs Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>08</b> Hip Rock Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>09</b> Bicycles Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>10</b> Full Body Crunch Target - 20	R _____	R _____	R _____	R _____	R _____
Ab Ripper X	<b>11</b> In & Outs Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>12</b> Bicycles Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>13</b> Reverse Bicycles Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>14</b> Crunchy Frog Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>15</b> Cross Leg / Wide Leg Sit-Ups** Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>16</b> Fifer Scissors Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>17</b> Hip Rock N' Raise Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>18</b> Pulse Ups (Heels to Heaven) Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>19</b> V-Up / Roll-Up Combos Target - 20	R _____	R _____	R _____	R _____	R _____
	<b>20</b> Oblique V-Ups Target - 20 Left / 20 Right	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	<b>21</b> Leg Climbs Target - 10 Left / 10 Right	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	<b>22</b> Mason Twist Target - 20 + 20 Bonus	R _____	R _____	R _____	R _____	R _____
<b>Time (25 Min)</b>	Start _____	Start _____	Start _____	Start _____	Start _____	
	End _____	End _____	End _____	End _____	End _____	
	Total _____	Total _____	Total _____	Total _____	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 3 - KILLER ABS

### Tools

- 1) Mat
  - 2) Worksheet and Pen
  - 3) Water and Towel
- \*Optional

### Legend

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

### Notes

Do a few minutes of warmup on your own as Tony gets right into it.

**\*\*** Tony forgets to do this exercise. You can just pause, crank out 20, and continue on.

WORKSHEETS COMPLETED BY:  
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