



DATE / WEEK						
Sequence 1 Stretching (11m)	01 Stretching in Chavasana	R _____	R _____	R _____	R _____	R _____
	02 Ballistic Stretching	R _____	R _____	R _____	R _____	R _____
	03 Static Stretching	R _____	R _____	R _____	R _____	R _____
Sequence 2 Cardio	04 Press Jacks Target: 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05 Squat Curls Target: 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06 Twist & Pivot Target: 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07 Straight Leg Toe Touch Target: 10 / Side	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	08 Press Jacks Target: 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09 Squat Curls Target: 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Twist & Pivot Target: 20	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Sequence 3 Light Resistance	11 Straight Leg Toe Touch Target: 10 / Side	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	12 Chest - Push-Up / Side-Arm Balance Target - 10 (Balance Every Rep)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	13 Back - Assisted Wide-Grip Pull-Up w/ Back Stretch Target - 15	R _____	R _____	R _____	R _____	R _____
	14 Shoulders - 6-Direction Shoulder Fly Target - 12	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Biceps - Standing Bicep Curl w/ Bounce Target - 8 (1 Rep = 3 Curls + 1 Bounce)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	16 Triceps - Lying Tricep Extension Target - 25	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	17 Glutes - Walking Lunges w/ Runner's Stretch Target - 4 / Side	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Seq 4 Yoga	18 Legs - Plie Squat w/ Stretch Target - 10	R _____	R _____	R _____	R _____	R _____
	19 Yoga Stretch Target - 3 minutes	R _____	R _____	R _____	R _____	R _____
	Time (37 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 11 - RESULTS 4 RECOVERY

Tools

- 1) Push-Up Bars / Power Stands*
 - 2) Chin-Up Bar
 - 3) Chair or Chin-Up Max Assist
 - 4) Weights
 - 5) Medicine Ball (6-8lb)*
 - 6) Worksheet and Pen
 - 7) Water and Towel
- *Optional

Legend

- R - Reps
W - Weight
RT / LT - Right / Left
U - Unassisted
A - Assisted

Notes

Weights should be LIGHT throughout workout. This is a recovery workout

WORKSHEETS COMPLETED BY:
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