



DATE / WEEK						
Round 1	01 Upper: Standard Push-Ups Target: 30-40	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	02 Middle: Crunchy Frog Target: 30	R _____	R _____	R _____	R _____	R _____
	03 Lower: Wide-Leg Deep Squats Target: 30	R _____	R _____	R _____	R _____	R _____
Round 2	04 Upper: Chair Dips Target: 30 (w/ Chair / Alt. Leg Raise)	R _____ Form _____	R _____ Form _____	R _____ Form _____	R _____ Form _____	R _____ Form _____
	05 Middle: Fifer Scissors Target: 30-40	R _____	R _____	R _____	R _____	R _____
	06 Lower: Run Stance Jump Switch Target: 30	R _____	R _____	R _____	R _____	R _____
Round 3	07 Upper: Push-Up / Side Arm Balance Target: 21 (3 P.U -> 1 S.A. Balance)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	08 Middle: Slow-Motion Mason-Twist Target: 30	R _____	R _____	R _____	R _____	R _____
	09 Lower: Deep Lunges Target: 30 Total (15/Leg)	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Round 4	10 Upper: Staggered Hands Push-Ups Target: 30-40 (Switch Every 5)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	11 Middle: Hip, Rock, and Raise Target: 30	R _____	R _____	R _____	R _____	R _____
	12 Lower: Super Skaters Target: 20/ Leg	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Round 5	13 Upper: Pike Press Target: 15-20	R _____ Form _____	R _____ Form _____	R _____ Form _____	R _____ Form _____	R _____ Form _____
	14 Middle: Bicycles Target: 60	R _____	R _____	R _____	R _____	R _____
	15 Lower: Side Long Jump Target: 30-40	R _____	R _____	R _____	R _____	R _____
Round 6 - Bonus	16 Upper: Plyo Skippers Target: 6 Passes	R _____ Form _____	R _____ Form _____	R _____ Form _____	R _____ Form _____	R _____ Form _____
	17 Middle: Oblique V-Ups Target: 30 / Side	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	18 Lower: Jump Knee Tuck Target: 30-40	R _____	R _____	R _____	R _____	R _____
	Time (57 Min)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ 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 8 - MAMMOTH UML

Tools

- 1) Push-Up Stands* (If home)
 - 2) 1-2 Chairs
 - 3) Coasters or other markers (could be anything)
 - 4) Water and Towel
- *Optional

Legend

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

Notes

Tony does have a good warm-up and cool-down in the video.

WORKSHEETS COMPLETED BY:
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