



DATE / WEEK						
Sequence 1	Round 1	01 <u>Biceps</u> - Sitting Bicep Curl	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		02 <u>Forearms</u> - Forearm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		03 <u>Triceps</u> - Lying Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 2	04 <u>Biceps</u> - Sitting Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		05 <u>Forearms</u> - Forearm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		06 <u>Triceps</u> - Lying Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Sequence 2	Round 3	07 <u>Biceps</u> - Incline Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		08 <u>Forearms</u> - Reverse Forearm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		09 <u>Triceps</u> - Tricep Kickbacks	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	Round 4	10 <u>Biceps</u> - Incline Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		11 <u>Forearms</u> - Reverse Forearm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		12 <u>Triceps</u> - Tricep Kickbacks	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
Sequence 3	Round 5	13 <u>Biceps</u> - Bicep 21's	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		14 <u>Forearms</u> - Forearm Sandwich	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		15 <u>Triceps</u> - Side Tri Rise	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	Round 6	16 <u>Biceps</u> - Bicep 21's	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		17 <u>Forearms</u> - Forearm Sandwich	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		18 <u>Triceps</u> - Side Tri Rise	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Round 7 - Bonus	19 <u>Biceps</u> - Crazy 8's	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
	20 <u>Forearms</u> - "Off the Butt" Forearm Curl	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	
	21 <u>Biceps/Forearms</u> - Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
	22 <u>Triceps</u> - Tricep Throws	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
	23 <u>Biceps</u> - Crazy 8's	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
	Time (47 Min)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	
	Average Heart Rate (BPM)	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	
	Calories Burned	_____ Cals	_____ Cals	_____ Cals	_____ Cals	

ONE ON ONE, VOLUME 1 / DISC 4 - JUST ARMS

Tools

- Weights / Bands
 - Bench (or Chair)
 - Worksheet and Pen
 - Water and Towel
- *Optional

Legend

R - Reps
W - Weight
RT / LT - Right / Left

Notes

Do 4-5 minutes of warmup on your own as Tony gets right into it.

WORKSHEETS COMPLETED BY:
 COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
 TEAMRIGHTNOW@GMAIL.COM





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 ____
	Time (60 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 5 - THIRTY FIFTEE

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!!**

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