



DATE / WEEK					
<b>01</b> Pull-Up-X Target: 15-20	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>02</b> Plyometric Stability Ball Push-Up Target: 17-20	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>03</b> Core Crunch Chin-Up Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>04</b> Two Ball Push-Up Side Arm Balance Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>05</b> Lever Pull-Ups Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>06</b> Four Ball Push-Ups Target:	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____	R _____ #Balls _____
<b>07</b> Chin-Pulls (Switch every 2) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>08</b> The "Possible" Push-Up Target: Crap shoot!	R _____ BallConfig _____	R _____ BallConfig _____	R _____ BallConfig _____	R _____ BallConfig _____	R _____ BallConfig _____
<b>09</b> L Pull-Ups Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>10</b> Three Ball Plyo Push-Up Target: 15-18	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>11</b> Switch Grip Pull-Up (Switch every 2) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>12</b> Elevated Stability Ball Push-Up Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>13</b> In & Outs Pull-Ups (Narrow / Wide Grip) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>14</b> Swimmer's Push-Up ( 2 Balls) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>15</b> Flip Switch Pull-Ups (Wide, Narrow, etc) Target: 8-10	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>16</b> Double Wide Push-Ups (2 Balls) Target: 20-25	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>17</b> Double Wide Pull-Ups Target: 10-12	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>18</b> Military Push-Ups (Stability / Med Balls) Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>19</b> Double Towel Pull-Ups Target:	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
<b>20</b> One Ball Plyo Push-Ups Target: 10	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 _____	Ave _____	Ave _____	Ave _____	Ave _____

## P90X ONE ON ONE, VOLUME3 / DISC 1 - CHEST, BACK, AND BALLS

### Equipment Required

- 1) Pull-Up Bar
- 2) Big Stability Ball
- 3) 4 Medicine Balls
- 4) Basketball
- 5) Chair
- 6) 2 Towels

### Other Recommendation

- Tony does an "okay" warm-up

Worksheets Completed by:

Mike Roberts  
TeamRightNow.com  
TeamRightNow@gmail.com





DATE / WEEK					
<b>01</b> Banana 2 Crunch <i>Target: 20 (2 Crunches = 1 Rep)</i>	R _____	R _____	R _____	R _____	R _____
<b>02</b> Scissor Twist <i>Target: 20</i>	R _____	R _____	R _____	R _____	R _____
<b>03</b> Oblique Roll Crunch <i>Target: 20</i>	R _____	R _____	R _____	R _____	R _____
<b>04</b> Side Arm Balance Crunch <i>Target: 20 per side</i>	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>05</b> Bug Bicycle Crunch <i>Target: 30</i>	R _____	R _____	R _____	R _____	R _____
<b>06</b> Row Your Boat <i>Target: 30</i>	R _____	R _____	R _____	R _____	R _____
<b>07</b> Scissor Clapper <i>Target: 40</i>	R _____	R _____	R _____	R _____	R _____
<b>08</b> The Abnومه <i>Target: 30</i>	R _____	R _____	R _____	R _____	R _____
<b>09</b> Drawbridge Lift <i>Target: 20</i>	R _____	R _____	R _____	R _____	R _____
<b>10</b> Phelan Lift Twist <i>Target: 25</i>	R _____	R _____	R _____	R _____	R _____
<b>11</b> Crunch Toe Touch <i>Target: 30</i>	R _____	R _____	R _____	R _____	R _____
<b>12</b> High-Low / Open-Close <i>Target: 20</i>	R _____	R _____	R _____	R _____	R _____
<b>13</b> Corkscrew Crunch <i>Target: 15 per side</i>	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>14</b> One Kick / Two-Kick / V-Crunch <i>Target: 21 (7 Sets x 3 reps)</i>	R _____	R _____	R _____	R _____	R _____
<b>15</b> Roll to Boat <i>Target: 25</i>	R _____	R _____	R _____	R _____	R _____
<b>16</b> Superman Banana X <i>Target: 15</i>	R _____	R _____	R _____	R _____	R _____
<b>17</b> The Tornado <i>Target: 15 per rotation (CW, CCW)</i>	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>18</b> The Buddist (aka The Ken) <i>Target: 15</i>	R _____	R _____	R _____	R _____	R _____
<b>19</b> Through the Legs & Behind the Back <i>Target: 15 (w/ Med. Ball)</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>20</b> Bicycle 100 <i>Target: 100</i>	R _____	R _____	R _____	R _____	R _____
<b>Time (47 Min)</b>	Start _____	Start _____	Start _____	Start _____	Start _____
	End _____	End _____	End _____	End _____	End _____
	Total _____	Total _____	Total _____	Total _____	Total _____
<b>Average Heart Rate (BPM)</b>	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

**P90X ONE ON ONE, VOLUME 3 / DISC 2 - AB RIPPER EXTENDED (ARX2)**

**Equipment Required**

1) Mat

**Other Recommendation**

Quite a bit of talking and downtime. You can get through the workout much faster.

Worksheets Completed by:  
**Mike Roberts**  
 TeamRightNow.com  
[TeamRightNow@gmail.com](mailto:TeamRightNow@gmail.com)