

INSANITY

THE ASYLUM

VOLUME 1: SPORTS PERFORMANCE

Calendar

GET STARTED:

Follow the recommended daily workouts for the first 30 days and put an X through every workout you complete. Be sure to take the Athletic Performance Assessment (AKA Fit Test DVD) and take your measurements before you start.

Month 1: ASYLUM

<input type="checkbox"/> DAY 1 SPEED & AGILITY	<input type="checkbox"/> DAY 2 STRENGTH	<input type="checkbox"/> DAY 3 BACK TO CORE	<input type="checkbox"/> DAY 4 VERTICAL PLYO	<input type="checkbox"/> DAY 5 REST DAY
<input type="checkbox"/> DAY 6 SPEED & AGILITY	<input type="checkbox"/> DAY 7 STRENGTH	<input type="checkbox"/> DAY 8 BACK TO CORE	<input type="checkbox"/> DAY 9 VERTICAL PLYO	<input type="checkbox"/> DAY 10 RELIEF
<input type="checkbox"/> DAY 11 GAME DAY	<input type="checkbox"/> DAY 12 BACK TO CORE	<input type="checkbox"/> DAY 13 STRENGTH	<input type="checkbox"/> DAY 14 RELIEF	<input type="checkbox"/> DAY 15 SPEED & AGILITY
<input type="checkbox"/> DAY 16 VERTICAL PLYO	<input type="checkbox"/> DAY 17 STRENGTH	<input type="checkbox"/> DAY 18 RELIEF	<input type="checkbox"/> DAY 19 GAME DAY OVERTIME	<input type="checkbox"/> DAY 20 VERTICAL PLYO
<input type="checkbox"/> DAY 21 BACK TO CORE	<input type="checkbox"/> DAY 22 REST DAY	<input type="checkbox"/> DAY 23 SPEED & AGILITY	<input type="checkbox"/> DAY 24 STRENGTH	<input type="checkbox"/> DAY 25 GAME DAY OVERTIME
<input type="checkbox"/> DAY 26 VERTICAL PLYO	<input type="checkbox"/> DAY 27 BACK TO CORE	<input type="checkbox"/> DAY 28 RELIEF	<input type="checkbox"/> DAY 29 SPEED & AGILITY	<input type="checkbox"/> DAY 30 FIT TEST

RECOVERY WEEK: (IF NECESSARY)

Before trying one of the Hybrids, we recommend the Recovery Week workouts below.

RECOVERY WEEK

<input type="checkbox"/> 1 REST DAY	<input type="checkbox"/> 2 RELIEF	<input type="checkbox"/> 3 SPEED & AGILITY	<input type="checkbox"/> 4 REST DAY	<input type="checkbox"/> 5 SPEED & AGILITY	<input type="checkbox"/> 6 RELIEF	<input type="checkbox"/> 7 REST DAY
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INSANITY: THE ASYLUM is an extreme and physically demanding workout. This is NOT for beginners or individuals with any medical condition that may be compromised by extreme cardio and strength exercise. Consult your physician and read the enclosed materials before beginning the program.