

INSANITY

THE ASYLUM
VOLUME 2

INSANITY: THE ASYLUM® Hybrid
(INSANITY® and THE ASYLUM Vol. 1 and Vol. 2)

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|---|---|--|---|--|---|---|
| <p>DAY 1</p> <p>DATE:</p> <p>DIG DEEPER + FIT TEST + RELIEF</p> | <p>DAY 2</p> <p>DATE:</p> <p>CARDIO RECOVERY</p> | <p>DAY 3</p> <p>DATE:</p> <p>ATHLETIC PERFORMANCE ASSESSMENT + RELIEF</p> | <p>DAY 4</p> <p>DATE:</p> <p>MAX RECOVERY</p> | <p>DAY 5</p> <p>DATE:</p> <p>OFF-DAY STRETCH</p> | <p>DAY 6</p> <p>DATE:</p> <p>CHAMPIONSHIP + FIT TEST (SUDDEN DEATH OT)</p> | <p>DAY 7</p> <p>DATE:</p> <p>REST or ANY STRETCH or RECOVERY WORKOUT</p> |
| <p>DAY 8</p> <p>DATE:</p> <p>MAX INTERVAL CIRCUIT + FIT TEST</p> | <p>DAY 9</p> <p>DATE:</p> <p>STRENGTH + RELIEF</p> | <p>DAY 10</p> <p>DATE:</p> <p>MAX CARDIO CONDITIONING + CARDIO ABS</p> | <p>DAY 11</p> <p>DATE:</p> <p>BACK TO CORE + AB SHREDDER</p> | <p>DAY 12</p> <p>DATE:</p> <p>MAX RECOVERY</p> | <p>DAY 13</p> <p>DATE:</p> <p>GAME DAY + OVERTIME</p> | <p>DAY 14</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |
| <p>DAY 15</p> <p>DATE:</p> <p>PLYOMETRIC CARDIO CIRCUIT + RELIEF</p> | <p>DAY 16</p> <p>DATE:</p> <p>STRENGTH + RELIEF</p> | <p>DAY 17</p> <p>DATE:</p> <p>CARDIO POWER & RESISTANCE</p> | <p>DAY 18</p> <p>DATE:</p> <p>MAX INTERVAL PLYO + RELIEF</p> | <p>DAY 19</p> <p>DATE:</p> <p>STRENGTH + RELIEF</p> | <p>DAY 20</p> <p>DATE:</p> <p>MAX CARDIO CONDITIONING + CARDIO ABS</p> | <p>DAY 21</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |
| <p>DAY 22</p> <p>DATE:</p> <p>UPPER ELITE + AB SHREDDER</p> | <p>DAY 23</p> <p>DATE:</p> <p>MAX INTERVAL PLYO + RELIEF</p> | <p>DAY 24</p> <p>DATE:</p> <p>BACK & 6-PACK + RELIEF</p> | <p>DAY 25</p> <p>DATE:</p> <p>VERTICAL PLYO + RELIEF</p> | <p>DAY 26</p> <p>DATE:</p> <p>CARDIO RECOVERY</p> | <p>DAY 27</p> <p>DATE:</p> <p>MAX CARDIO CONDITIONING + CARDIO ABS</p> | <p>DAY 28</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |
| <p>DAY 29</p> <p>DATE:</p> <p>UPPER ELITE + AB SHREDDER</p> | <p>DAY 30</p> <p>DATE:</p> <p>MAX INTERVAL PLYO + RELIEF</p> | <p>DAY 31</p> <p>DATE:</p> <p>BACK & 6-PACK + RELIEF</p> | <p>DAY 32</p> <p>DATE:</p> <p>VERTICAL PLYO + RELIEF</p> | <p>DAY 33</p> <p>DATE:</p> <p>CARDIO RECOVERY</p> | <p>DAY 34</p> <p>DATE:</p> <p>MAX CARDIO CONDITIONING + CARDIO ABS</p> | <p>DAY 35</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |
| <p>DAY 36</p> <p>DATE:</p> <p>CARDIO RECOVERY</p> | <p>DAY 37</p> <p>DATE:</p> <p>X TRAINER + RELIEF</p> | <p>DAY 38</p> <p>DATE:</p> <p>PURE CARDIO + CARDIO ABS</p> | <p>DAY 39</p> <p>DATE:</p> <p>CORE CARDIO & BALANCE</p> | <p>DAY 40</p> <p>DATE:</p> <p>MAX RECOVERY</p> | <p>DAY 41</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> | <p>DAY 42</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |

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|---|--|---|--|--|--|--|
| <p>DAY 43</p> <p>DATE:</p> <p>UPPER ELITE + AB SHREDDER</p> | <p>DAY 44</p> <p>DATE:</p> <p>POWER LEGS + RELIEF</p> | <p>DAY 45</p> <p>DATE:</p> <p>BACK & 6-PACK + RELIEF</p> | <p>DAY 46</p> <p>DATE:</p> <p>VERTICAL PLYO + OVERTIME + RELIEF</p> | <p>DAY 47</p> <p>DATE:</p> <p>MAX RECOVERY</p> | <p>DAY 48</p> <p>DATE:</p> <p>SPEED & AGILITY + BACK TO CORE</p> | <p>DAY 49</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |
| <p>DAY 50</p> <p>DATE:</p> <p>UPPER ELITE + AB SHREDDER</p> | <p>DAY 51</p> <p>DATE:</p> <p>POWER LEGS + RELIEF</p> | <p>DAY 52</p> <p>DATE:</p> <p>BACK & 6-PACK + RELIEF</p> | <p>DAY 53</p> <p>DATE:</p> <p>VERTICAL PLYO + OVERTIME + RELIEF</p> | <p>DAY 54</p> <p>DATE:</p> <p>MAX RECOVERY</p> | <p>DAY 55</p> <p>DATE:</p> <p>SPEED & AGILITY + BACK TO CORE</p> | <p>DAY 56</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |
| <p>DAY 57</p> <p>DATE:</p> <p>UPPER ELITE + AB SHREDDER</p> | <p>DAY 58</p> <p>DATE:</p> <p>POWER LEGS + RELIEF</p> | <p>DAY 59</p> <p>DATE:</p> <p>BACK & 6-PACK + RELIEF</p> | <p>DAY 60</p> <p>DATE:</p> <p>VERTICAL PLYO + OVERTIME + RELIEF</p> | <p>DAY 61</p> <p>DATE:</p> <p>MAX RECOVERY</p> | <p>DAY 62</p> <p>DATE:</p> <p>SPEED & AGILITY + BACK TO CORE</p> | <p>DAY 63</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |
| <p>DAY 64</p> <p>DATE:</p> <p>CARDIO RECOVERY</p> | <p>DAY 65</p> <p>DATE:</p> <p>X TRAINER + RELIEF</p> | <p>DAY 66</p> <p>DATE:</p> <p>PURE CARDIO + CARDIO ABS</p> | <p>DAY 67</p> <p>DATE:</p> <p>CORE CARDIO & BALANCE</p> | <p>DAY 68</p> <p>DATE:</p> <p>MAX RECOVERY</p> | <p>DAY 69</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> | <p>DAY 70</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |
| <p>DAY 71</p> <p>DATE:</p> <p>MAX INTERVAL CIRCUIT + FIT TEST</p> | <p>DAY 72</p> <p>DATE:</p> <p>STRENGTH + RELIEF</p> | <p>DAY 73</p> <p>DATE:</p> <p>MAX CARDIO CONDITIONING + CARDIO ABS</p> | <p>DAY 74</p> <p>DATE:</p> <p>BACK TO CORE + AB SHREDDER</p> | <p>DAY 75</p> <p>DATE:</p> <p>MAX RECOVERY</p> | <p>DAY 76</p> <p>DATE:</p> <p>GAME DAY + OVERTIME</p> | <p>DAY 77</p> <p>DATE:</p> <p>REST, RELIEF, or OFF-DAY STRETCH</p> |
| <p>DAY 78</p> <p>DATE:</p> <p>DIG DEEPER + FIT TEST + RELIEF</p> | <p>DAY 79</p> <p>DATE:</p> <p>CARDIO RECOVERY</p> | <p>DAY 80</p> <p>DATE:</p> <p>ATHLETIC PERFORMANCE ASSESSMENT + RELIEF</p> | <p>DAY 81</p> <p>DATE:</p> <p>MAX RECOVERY</p> | <p>DAY 82</p> <p>DATE:</p> <p>OFF-DAY STRETCH</p> | <p>DAY 83</p> <p>DATE:</p> <p>CHAMPIONSHIP + FIT TEST (SUDDEN DEATH OT)</p> | <p>DAY 84</p> <p>DATE:</p> <p>RELAX AND PAT YOURSELF ON THE BACK. WELL DONE!</p> |