

# INSANITY

# THE ASYLUM

Day 1

Day 28

Body Fat =

Ave. Cals (P/C/F) for the month: Cals = \_\_\_\_\_ % P= \_\_\_\_\_ % C= \_\_\_\_\_ % F= \_\_\_\_\_ %

<b>Day 0</b> DATE _____ Athletic Perf. Assessment (25m) HR _____ Insane Abs (33m) HR _____							
<b>Day 1</b> DATE _____ Speed & Agility (45m) HR _____ Relief (25m) HR _____	<b>Day 2</b> DATE _____ Strength (50m) HR _____ P90X AbRipperX (16m) HR _____	<b>Day 3</b> DATE _____ Back to Core (45m) HR _____ Overtime (15m) HR _____	<b>Day 4</b> DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	<b>Day 5</b> DATE _____ Game Day (60m) HR _____ Relief (25m) HR _____	<b>Day 6</b> DATE _____ Speed & Agility (45m) HR _____ P90X 1-on-1, Vol3 ARX2 (47m) HR _____	<b>Day 7</b> DATE _____ Strength (50m) HR _____ Relief (25m) HR _____	
<b>Day 8</b> DATE _____ Back to Core (45m) HR _____ Overtime (15m) HR _____	<b>Day 9</b> DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	<b>Day 10</b> DATE _____ P90X YogaX (90m) HR _____	<b>Day 11</b> DATE _____ Game Day (60m) HR _____ Relief (25m) HR _____	<b>Day 12</b> DATE _____ Back to Core (45m) HR _____ Overtime (15m) HR _____	<b>Day 13</b> DATE _____ Strength (50m) HR _____ P90X 1-on-1, Vol3 ARX2 (47m) HR _____	<b>Day 14</b> DATE _____ Athletic Perf. Assessment (25m) HR _____ 1-on-1, Vol 1 Just Arms (47m) HR _____	
<b>Day 15</b> DATE _____ Speed & Agility (45m) HR _____ Relief (25m) HR _____	<b>Day 16</b> DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	<b>Day 17</b> DATE _____ Strength (50m) HR _____ P90X 1-on-1, Vol1 Killer Abs (25m) HR _____	<b>Day 18</b> DATE _____ P90X YogaX (90m) HR _____	<b>Day 19</b> DATE _____ Game Day (60m) HR _____ Overtime (15m) HR _____	<b>Day 20</b> DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	<b>Day 21</b> DATE _____ Back to Core (45m) HR _____ 1-on-1, Vol 1 Just Arms (47m) HR _____	
<b>Day 22</b> DATE _____ REST DAY OR Relief (25m) HR _____	<b>Day 23</b> DATE _____ Speed & Agility (45m) HR _____ Relief (25m) HR _____	<b>Day 24</b> DATE _____ Strength (50m) HR _____ P90X AbRipperX (16m) HR _____	<b>Day 25</b> DATE _____ Game Day (60m) HR _____ Overtime (15m) HR _____	<b>Day 26</b> DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	<b>Day 27</b> DATE _____ Back to Core (45m) HR _____ P90X 1-on-1, Vol1 Killer Abs (25m) HR _____	<b>Day 28</b> DATE _____ P90X YogaX (90m) HR _____	
<b>Day 29</b> DATE _____ Speed & Agility (45m) HR _____ Relief (25m) HR _____	<b>Day 30</b> DATE _____ Athletic Perf. Assessment (25m) HR _____ 1-on-1, Vol 1 Just Arms (47m) HR _____						

Worksheets Completed by:  
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