

DATE / WEEK							
Sequence 1 - Warm-Up	Round 1	01 Jump Rope: High Knees Target: 1:00	R _____	R _____	R _____	R _____	R _____
		02 Jump Rope: Squat Jumps Target: 1:00	R _____	R _____	R _____	R _____	R _____
		03 Jump Rope: In & Out Low Jumps Target: 1:00	R _____	R _____	R _____	R _____	R _____
		04 Agility Heisman Target: 1:00	R _____	R _____	R _____	R _____	R _____
	Round 2	05 Jump Rope: High Speed High Knees Target: 1:00	R _____	R _____	R _____	R _____	R _____
		06 Jump Rope: Criss Cross Target: 1:00	R _____	R _____	R _____	R _____	R _____
		07 Jump Rope: 1-2 Scissor Target: 1:00	R _____	R _____	R _____	R _____	R _____
		08 Agility Heisman w/ Tap Target: 1:00	R _____	R _____	R _____	R _____	R _____
		09 Agility Toe Taps Target: 1:00	R _____	R _____	R _____	R _____	R _____
	<b>Water Break (0:30)</b>						
<b>Stretch (2:38)</b>							
Sequence 2	Round 1	10 Mountain Climber Progressions Target - 0:20 each ladder (1:00 total)	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____
		11 Forward / Back Agility Target - 1:00	R _____	R _____	R _____	R _____	R _____
		12 Moving Push-Up Progressions Target - 1:00	R _____	R _____	R _____	R _____	R _____
		13 In & Out Agility w/ Hop Target - 0:30 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	Round 2	14 Mountain Climber Progressions Target - 1:00 (Pick your ladder!)	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____
		15 Agility Sequence (Split Squat Sprint, In & Out, Rotation) Target - 1:00	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:30)</b>							
Sequence 3	Round 1	17 In & Out Ab Progression Target - 0:20 each ladder (1:00 total)	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____
		18 Stationary Criss Cross Target - 1:00	R _____	R _____	R _____	R _____	R _____
		19 Agility Bear Crawl Target - 1:00	R _____	R _____	R _____	R _____	R _____
		20 Agility Stork Touch Target - 0:30 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	Round 2	21 In & Out Ab Progression Target - 0:20 each ladder (1:00 total)	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____
		22 Criss Cross Power Jump Target - 1:00	R _____	R _____	R _____	R _____	R _____
		23 Bear Crawl / V Push-Up Target - 1:00	R _____	R _____	R _____	R _____	R _____
		24 Agility Touch Squats Target - 0:30 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	Round 3	25 In & Out Ab Progression Target - 1:00 (Highest Ladder)	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____	L1 _____ L2 _____ L3 _____
		26 Criss Cross / Moving Power Jump Target - 1:00	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:30)</b>							
Sequence 4 Power Round	28 Agility Hop Scotch Target - 1:00 per side	R _____	R _____	R _____	R _____	R _____	
	29 Agility Hurdle Drill Target - 0:30 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	
	30 Agility Touch Squats Target - 0:30 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	
	31 Agility Plank Target - 1:00	R _____	R _____	R _____	R _____	R _____	
	32 Agility Shoulder Taps Target - 0:30 per side	RL _____ LR _____	RL _____ LR _____	RL _____ LR _____	RL _____ LR _____	RL _____ LR _____	
<b>Water Break (0:30)</b>							
<b>Cool Down (3:36)</b>							
	Time (45 Min)	Start _____	Start _____	Start _____	Start _____	Start _____	
		End _____	End _____	End _____	End _____	End _____	
		Total _____	Total _____	Total _____	Total _____	Total _____	
	Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____	

**INSANITY ASYLUM, DISC 2 - SPEED & AGILITY**

**Equipment Required**  
1) Speed Rope  
2) Agility Ladder  
**Other Recommendation**