

INSANITY**THE ASYLUM™****INSANITY: THE ASYLUM**

Disc	Workout	Time	What is it?
1	Athletic Performance Assessment (Fit Test)	25m	Series of drills to help you track your fitness progress. Take it before you start, and again in 30 days.
2	Speed & Agility	45m	An intense cardio workout inspired by sports like track, football, and soccer, designed to make you faster, more fluid, and more agile
3	Vertical Plyo	40m	You'll jump higher and literally go vertical after this lower body power workout
3	Relief	25m	This stretch and recovery workout is the relief you'll be looking for
4	Strength	50m	This weight/resistance-based workout is designed to increase your strength and power, which are critical to becoming a better athlete. It utilizes dumbbells or resistance bands, a chin-up bar, and of course your body weight.
5	Game Day	60m	An all-out sports workout influenced by football, basketball, soccer, tennis, swimming, track, baseball, skiing, and rock climbing
5	Overtime	15m	
6	Back to Core	45m	This workout was created for the body parts we often overlook. You'll work the back of your body, including your glutes, hamstrings, calves, core, and back.

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