

DATE / WEEK						
Sequence 1 - Warm-Up	Round 1	<b>01</b> Back Fly Jumping Jacks Single / Double Target: 0:30 + 0:30	S _____ D _____	S _____ D _____	S _____ D _____	S _____ D _____
		<b>02</b> Overhead Jacks Single / Double Target: 0:30 + 0:30	S _____ D _____	S _____ D _____	S _____ D _____	S _____ D _____
		<b>03</b> Shoulder Blade Jacks Single / Double Target: 0:30 + 0:30	S _____ D _____	S _____ D _____	S _____ D _____	S _____ D _____
		<b>04</b> Monkey Squats Target: 1:00	R _____	R _____	R _____	R _____
	Round 2	<b>05</b> Back Fly Jumping Jacks Single / Double Target: 0:30 + 0:30	S _____ D _____	S _____ D _____	S _____ D _____	S _____ D _____
		<b>06</b> Overhead Jacks Single / Double Target: 0:30 + 0:30	S _____ D _____	S _____ D _____	S _____ D _____	S _____ D _____
		<b>07</b> Shoulder Blade Jacks Single / Double Target: 0:30 + 0:30	S _____ D _____	S _____ D _____	S _____ D _____	S _____ D _____
		<b>08</b> Monkey Squats Target: 1:00	R _____	R _____	R _____	R _____
Sequence 2 - Main Workout	<b>09</b> Side Fly Lunge Target - 15 per side (1:27)	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	<b>10</b> Lat Pull Downs (w/ Strength Band) Target - 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>11</b> Wide Lat Flys (w/ Strength Band) Target - 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>12</b> Rotator Split Lunge (+ Pulse) Target - 2:00 + 1:00 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	<b>13</b> Hip - Up Twist Curl Target - 1:00 per side	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	<b>14</b> Swimmer Band Exchange Target - 1:00 CW + 1:00 CCW	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____
	<b>15</b> Low Back Strengthener Target - 1:00 Forward + 1:00 Reverse	F _____ R _____	F _____ R _____	F _____ R _____	F _____ R _____	F _____ R _____
	<b>16</b> Hip - Up Pulse (+ Raise Arms Up) Target - 1:00 + 1:00	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>17</b> Hip - Up Single Leg Extension Target - 0:30 Right + 0:30 Left	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	<b>18</b> Hip - Up Single Leg Toe Tap Target - 0:30 Right + 0:30 Left	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	<b>19</b> Alternate Reverse Plank Target - 1:00	R _____	R _____	R _____	R _____	R _____
	<b>20</b> Single Leg Reverse Plank Target - 0:30 Right + 0:30 Left	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
<b>Cool Down (3:20)</b>						
	<b>Time (45 Min)</b>	Start _____	Start _____	Start _____	Start _____	Start _____
		End _____	End _____	End _____	End _____	End _____
		Total _____	Total _____	Total _____	Total _____	Total _____
	<b>Average Heart Rate (BPM)</b>	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____
<b>INSANITY ASYLUM, DISC 6 - BACK TO CORE</b>						

**Equipment Required**

1) Strength Bands

2) Mat

**Other Recommendation**

Worksheets Completed by:

Mike Roberts

TeamRightNow.com

TeamRightNow@gmail.com

Team Right Now