

| DATE / WEEK | | | | | | | |
|---|---|--|---|---|---|---|-----------------|
| Sequence 1 Warm-Up | 01 In and Out Agility Target: 0:30 per leg (1:00 Total) | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | |
| | 02 Agility Split Touch Squat Target: 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 03 Agility Dual Hop w/ Jump Target: 0:30 per side (1:00 Total) | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | |
| Stretch (2:00) | | | | | | | |
| Sequence 2 - Track & Field 1 Mile Run (6:17) | 04 Flat Run High Knees Target: 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 05 Uphill Climb Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 06 Downhill Butt Kicks Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 07 Steep Hill Climb Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 08 Flat Run High Knees Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 09 Sprint to Finish Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | Water Break (0:30) | | | | | | |
| | Agility | 10 100 Meter Agility Dash Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ |
| | | 11 Competitive Long Jump Target - 0:30 per side (1:00 Total) | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ |
| Water Break (0:30) | | | | | | | |
| Seq 3 Basketball | 12 Fake Out Lay Up Target - 0:30 per side (1:00 Total) | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | |
| | 13 Daikeler Jump Shot Target - 20 / 0:30 per side (40 / 1:00 Total) | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | |
| Water Break (0:30) | | | | | | | |
| Seq4 Wrestling | 14 Mounted Mat Maneuver Target - 2:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| Water Break (0:30) | | | | | | | |
| Sequence 5 Soccer | 15 Soccer Kicks (Right Leg) Target - 8 Pyramid (1:00) | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 16 Juggle Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 17 Soccer Kicks (Left Leg) Target - 8 Pyramid (1:00) | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 18 Juggle Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| Water Break (0:30) | | | | | | | |
| Sequence 6 Tennis | 19 Forehand / Backhand Target - 0:30 each side (1:00 Total) | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 20 Volley Overhead Target - 0:30 each side (1:00 Total) | R _____ | R _____ | R _____ | R _____ | R _____ | |
| Water Break (1:00) | | | | | | | |
| Sequence 7 Speed Skating | 21 Speed Skating Sprint Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 22 Coast Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 23 Speed Skating Sprint Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| Water Break (1:00) | | | | | | | |
| Seq 8 - Swimming 100m Breaststroke | 24 Flutter Kick Target - 0:30 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 25 Iso Hold Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 26 Flutter Kick Target - 0:30 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| Water Break (0:50) | | | | | | | |
| Seq 9 Surfing | 27 Ride the Wave Target - 0:30 each side (1:00 Total) | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | R _____ L _____ | |
| Water Break (0:50) | | | | | | | |
| Seq10 Football | 28 Lineman's Drill Target - 2:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| Water Break (1:10) | | | | | | | |
| Sequence 11 Mountain Climbing | 29 Mountain Climbing Plank Jacks Target - 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 30 Alternating Lat Push-Up or Rock Climbing Pull-Up (on Pull-Up Bar) Target: 1:53 | R (Pull) _____ OR R (Push) _____ | R (Pull) _____ OR R (Push) _____ | R (Pull) _____ OR R (Push) _____ | R (Pull) _____ OR R (Push) _____ | R (Pull) _____ OR R (Push) _____ | |
| | Water Break (0:55) | | | | | | |
| | 31 Rock Climbing Push-Up Target: 1:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| 32 Single Leg Lat Push-Up or Rock Climbing Switch (on Pull-Up Bar) Target: 2:00 | R (Pull) _____ OR R (Push) _____ | R (Pull) _____ OR R (Push) _____ | R (Pull) _____ OR R (Push) _____ | R (Pull) _____ OR R (Push) _____ | R (Pull) _____ OR R (Push) _____ | | |
| | Water Break (1:15) | | | | | | |
| Sequence 12 Baseball | 33 The Pitch Target: 2:00 | R _____ | R _____ | R _____ | R _____ | R _____ | |
| | 34 Batter Up Target: 50 (1:00) | R _____ | R _____ | R _____ | R _____ | R _____ | |
| Water Break (1:00) | | | | | | | |
| Cool Down (2:20) | | | | | | | |
| | Time (60 Min) | Start _____ End _____ Total _____ | Start _____ End _____ Total _____ | Start _____ End _____ Total _____ | Start _____ End _____ Total _____ | Start _____ End _____ Total _____ | |
| | Average Heart Rate (BPM) | Ave _____ | Ave _____ | Ave _____ | Ave _____ | Ave _____ | |

INSANITY ASYLUM, DISC 5 - GAME DAY

Equipment Required
1) Agility Ladder
2) Pull-Up Bar (Optional)
Other Recommendation