

DATE / WEEK						
Round 1 - Warm-Up	01 Jump Rope Split Squat, Right Leg, Left Leg, Adductor Target: 0:30 per move (2:00 Total)	R _____	R _____	R _____	R _____	R _____
	02 Adductor Tuck Jumps Target: 1:00	R _____	R _____	R _____	R _____	R _____
	03 Ladder Hop Squats Target: 1:00	R _____	R _____	R _____	R _____	R _____
	04 Hop Scotch Jump Rope Target: 1:00	R _____	R _____	R _____	R _____	R _____
	05 Double Jumps Jump Rope Target: 1:00	R _____	R _____	R _____	R _____	R _____
	06 Wide Spider Lunge (R / L) Target: 1:00	R _____	R _____	R _____	R _____	R _____
	07 Ladder Rotational Jumps Target: 1:23	R _____	R _____	R _____	R _____	R _____
Water Break (0:30)						
Stretch (3:35)						
Round 2	08 Standing Long Jumps Target: 1:00	R _____ # Ladder Rungs _____	R _____ # Ladder Rungs _____	R _____ # Ladder Rungs _____	R _____ # Ladder Rungs _____	R _____ # Ladder Rungs _____
	09 Split Squat Back Fly (w/ Band) Target: 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Back Fly Tuck Jumps (w/ Band) Target: 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11 Low Stance Jacks (w/ Band) Target - 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12 Single Leg Jump Rope (Active Rest) Target - 0:30 per leg (1:00 Total)	R _____	R _____	R _____	R _____	R _____
Round 3	13 Resistance Power Jumps (w/ Band) Target - 0:30 Out + 0:30 In (1:00 Total)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14 Resistance Plyo Push-Up (w/ Bands) Target - 0:30 Hand + 0:30 Feet (1:00 Total)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Resistance X Jumps (w/ Bands) Target - 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	16 Mountain Climber Switch Kicks Target - 0:30 Out + 0:30 In (1:00 Total)	O _____ I _____	O _____ I _____	O _____ I _____	O _____ I _____	O _____ I _____
	17 Low Squat Jump Rope (Active Rest) Target - 1:00	R _____	R _____	R _____	R _____	R _____
Round 4	18 Rotational Jump Squat Agility Target - 0:30 CW + 0:30 CCW (1:00 Total)	R _____	R _____	R _____	R _____	R _____
	19 Decoy Split Jumps Target - 0:30 per leg (1:00 Total)	R _____	R _____	R _____	R _____	R _____
	20 Scissor Jump Agility 4 Sets. 1 Set = 10 Jumps + 5 Push-Ups Target - 1:50	R _____	R _____	R _____	R _____	R _____
Water Break (0:30)						
Round 5	21 Double Jumps Jump Rope (Active Rest) Target: 1:00	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____	CW _____ CCW _____
	22 Single Leg Power Jumps - Right Target - 0:30 Out + 0:30 In (1:00 Total)	O _____ I _____	O _____ I _____	O _____ I _____	O _____ I _____	O _____ I _____
	23 Single Leg Power Jumps - Left Target - 0:30 Out + 0:30 In (1:00 Total)	O _____ I _____	O _____ I _____	O _____ I _____	O _____ I _____	O _____ I _____
	24 Lateral Jumps Target - 1:00	R _____ # Ladder Rungs _____	R _____ # Ladder Rungs _____	R _____ # Ladder Rungs _____	R _____ # Ladder Rungs _____	R _____ # Ladder Rungs _____
Water Break (0:30)						
Cool Down (2:40)						
	Time (40 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 3 - VERTICAL PLYO

Equipment Required

- 1) Agility Ladder
- 2) Speed Rope
- 3) Power Bands

Other Recommendation

Worksheets Completed by:

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