

DATE / WEEK							
Sequence 1 - Warm-Up	Round 1	01 Halo Dead Lift Target: 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		02 Skull Pressure Press Target: 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		03 Knee Drive Curl Target: 0:30 per side	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
		04 Lateral Squat Row Target: 0:30 per side	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
		05 Shoulder Tap Push-Ups Target: 0:30- R-L / 0:30 L-R	R-L _____ L-R _____	R-L _____ L-R _____	R-L _____ L-R _____	R-L _____ L-R _____	R-L _____ L-R _____
	Round 2	06 Halo Dead Lift Target: 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		07 Skull Pressure Press Target: 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		08 Knee Drive Curl Target: 0:30 per side	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
		09 Lateral Squat Row Target: 0:30 per side	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
		10 Shoulder Tap Push-Ups Target: 0:30 R-L / 0:30 L-R	R-L _____ L-R _____	R-L _____ L-R _____	R-L _____ L-R _____	R-L _____ L-R _____	R-L _____ L-R _____
Stretch (2:40)							
Sequence 2	Round 1	11 Progressive Dumbbell Rotation - L1 Curl - Squat - Plank - PushUp Target - 8 (or 1:19)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		12 Alternating Shoulder Press Target - 24 (or 0:30)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		13 Dumbbell Rotational Jumps Target - 0:30	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 2	14 Progressive Dumbbell Rotation - L2 Curl - Squat - Plank - PushUp - Spider L - Spider R - PushUp Target - 8 (or 1:54)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		15 Reciprocating Overhead Press Target - 24 (or 0:22)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		16 Dumbbell Rotational Jumps w/ Curls Target - 0:30	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Round 3	17 Progressive Dumbbell Rotation - L3 Curl - Squat - Plank - PushUp - Spider L - Spider R - PushUp - 8 Mountain Climbers Target - 8 (or 2:18)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		18 Dual Overhead Press Target - 12 (or 0:16)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		19 Dumbbell Rotational Jumps w/ Curl w/ Press Target - 0:30	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	Water Break (0:55)						
Sequence 3	Round 1	20 Hip Flies Target - 12 (or 0:30)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		21 Wide Flies or Jump Pulls (on Pull-Up Bar) Target- 1:00	R _____ W _____ OR _____	R _____ W _____ OR _____	R _____ W _____ OR _____	R _____ W _____ OR _____	R _____ W _____ OR _____
	Round 2	22 Hip Flies Target -12 (or 0:30)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		23 Pyramid Row Push-Ups or Pyramid Pull-Ups / Push-Ups (on Pull-Up Bar) Target- 2:00	R _____ W _____ OR _____	R _____ W _____ OR _____	R _____ W _____ OR _____	R _____ W _____ OR _____	R _____ W _____ OR _____
	Round 3	24 Hip Flies Target -12 (or 0:30)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		25 Elbow Plank Row or Rock Climber Switch (on Pull-Up Bar) Target: 1:00	R _____ W _____ OR _____	R _____ W _____ OR _____	R _____ W _____ OR _____	R _____ W _____ OR _____	R _____ W _____ OR _____
Water Break (1:00)							
Sequence 4	Round 1	26 Chest Press w/ Leg Extension Target: 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
		27 Squatted Fly Target: 0:30	R _____	R _____	R _____	R _____	R _____
	Round 2	28 Chest Press w/ Single Leg Extension Target: 0:30 per side	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
		29 Back Fly Lunge Target: 0:30	R _____	R _____	R _____	R _____	R _____
	Round 3	30 Chest Press w/ Stationary Leg Extensions Target: 1:00	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
31 Frog Jumps w/ Single Leg Plank Target: 0:30		R _____	R _____	R _____	R _____	R _____	
Cool Down (1:44)							
			Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
		Time (47 Min)					
		Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

INSANITY ASYLUM, DISC 4 - STRENGTH

Equipment Required
 1) Weights (or Resistance Bands)
 2) Pull-Up Bar (Optional)
 3) Bench (Optional)
Other Recommendation