



INSANITY

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THE ASYLUM

Training Block 1

<p>Day 1</p> <p>DATE _____</p> <p>One on One - Vol 1 Thirty Fifteen (60m) HR/ _____ Cal _____</p> <p>One on One - Vol 1 Killer Abs (25m) HR/ _____ Cal _____</p>	<p>Day 2</p> <p>DATE _____</p> <p>Insanity-Asylum Speed & Agility (45m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 3</p> <p>DATE _____</p> <p>One on One - Vol 1 Diamond Deltas (36m) HR/ _____ Cal _____</p> <p>One on One - Vol 1 Just Arms (47m) HR/ _____ Cal _____</p>	<p>Day 4</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 5</p> <p>DATE _____</p> <p>P90X Legs & Back (59m) HR/ _____ Cal _____</p> <p>P90X Plus Abs/Core+ (20m) HR/ _____ Cal _____</p>	<p>Day 6</p> <p>DATE _____</p> <p>Insanity Asylum Game Day (60m) HR/ _____ Cal _____</p> <p>Insanity Asylum Overtime (15m) HR/ _____ Cal _____</p>	<p>Day 7</p> <p>DATE _____</p> <p>DAY OFF</p> <p>OR</p> <p>Stretch Workout</p>
<p>Day 8</p> <p>DATE _____</p> <p>One on One - Vol 3 Chest, Back & Balls(60m) HR/ _____ Cal _____</p> <p>One on One - Vol 2 20/12 Abs (10m) HR/ _____ Cal _____</p>	<p>Day 9</p> <p>DATE _____</p> <p>Insanity-Asylum Vertical Plyo (40m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 10</p> <p>DATE _____</p> <p>P90X Shoulders & Arms (60m) HR/ _____ Cal _____</p> <p>P90X Ab Ripper X (16m) HR/ _____ Cal _____</p>	<p>Day 11</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 12</p> <p>DATE _____</p> <p>One on One - Vol 3 Base & Back (51m) HR/ _____ Cal _____</p> <p>Insanity Insane Abs (33m) HR/ _____ Cal _____</p>	<p>Day 13</p> <p>DATE _____</p> <p>Insanity Asylum Strength (50m) HR/ _____ Cal _____</p>	<p>Day 14</p> <p>DATE _____</p> <p>DAY OFF</p> <p>OR</p> <p>Stretch Workout</p>
<p>Day 15</p> <p>DATE _____</p> <p>One on One - Vol 1 Thirty Fifteen (60m) HR/ _____ Cal _____</p> <p>One on One - Vol 3 ARX2 (47m) HR/ _____ Cal _____</p>	<p>Day 16</p> <p>DATE _____</p> <p>Insanity Max Interval Plyo (55m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 17</p> <p>DATE _____</p> <p>One on One - Vol 1 Diamond Deltas (36m) HR/ _____ Cal _____</p> <p>One on One - Vol 1 Just Arms (47m) HR/ _____ Cal _____</p>	<p>Day 18</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 19</p> <p>DATE _____</p> <p>P90X Legs & Back (59m) HR _____</p> <p>P90X Plus Abs/Core+ (20m) HR/ _____ Cal _____</p>	<p>Day 20</p> <p>DATE _____</p> <p>Insanity Upper Body Weight Training (45m) HR/ _____ Cal _____</p>	<p>Day 21</p> <p>DATE _____</p> <p>DAY OFF</p> <p>OR</p> <p>Stretch Workout</p>
<p>Day 22</p> <p>DATE _____</p> <p>P90X Core Synergistics (57m) HR/ _____ Cal _____</p>	<p>Day 23</p> <p>DATE _____</p> <p>P90X YogaX (90m) HR/ _____ Cal _____</p>	<p>Day 24</p> <p>DATE _____</p> <p>One on One - Vol 3 Total Body X (43m) HR/ _____ Cal _____</p>	<p>Day 25</p> <p>DATE _____</p> <p>One on One - Vol 3 Stretch & Recovery (70m) HR/ _____ Cal _____</p>	<p>Day 26</p> <p>DATE _____</p> <p>One on One - Vol 3 Core Synergistics:MC2 (67m) HR/ _____ Cal _____</p>	<p>Day 27</p> <p>DATE _____</p> <p>Insanity Asylum Back to Core (45m) HR/ _____ Cal _____</p> <p>Insanity Asylum Relief (25m) HR/ _____ Cal _____</p>	<p>Day 28</p> <p>DATE _____</p> <p>DAY OFF</p> <p>OR</p> <p>Stretch Workout</p>

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Training Block 2

<p>Day 29</p> <p>DATE _____</p> <p>P90X Chest, Shldrs, Tris (55m) HR/ _____ Cal _____</p> <p>One on One - Vol 1 Killer Abs (25m) HR/ _____ Cal _____</p>	<p>Day 30</p> <p>DATE _____</p> <p>Insanity-Asylum Speed & Agility (45m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 31</p> <p>DATE _____</p> <p>P90X Back & Biceps (51m) HR/ _____ Cal _____</p> <p>One on One - Vol 2 Iso Abs (38m) HR/ _____ Cal _____</p>	<p>Day 32</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 33</p> <p>DATE _____</p> <p>One on One - Vol 3 Base & Back (51m) HR/ _____ Cal _____</p> <p>Insanity Insane Abs (33m) HR/ _____ Cal _____</p>	<p>Day 34</p> <p>DATE _____</p> <p>Insanity Asylum Game Day (60m) HR/ _____ Cal _____</p> <p>Insanity Asylum Overtime (15m) HR/ _____ Cal _____</p>	<p>Day 35</p> <p>DATE _____</p> <p>DAY OFF</p> <p>OR</p> <p>Stretch Workout</p>
<p>Day 36</p> <p>DATE _____</p> <p>One on One - Vol 3 UBX (60m) HR/ _____ Cal _____</p> <p>One on One - Vol 2 20/12 Abs(10m) HR/ _____ Cal _____</p>	<p>Day 37</p> <p>DATE _____</p> <p>Insanity-Asylum Vertical Plyo (40m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 38</p> <p>DATE _____</p> <p>One n One - Vol 3 V-Sculpt (56m) HR/ _____ Cal _____</p> <p>One on One - Vol 2 Iso Abs (38m) HR/ _____ Cal _____</p>	<p>Day 39</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 40</p> <p>DATE _____</p> <p>P90X Legs & Back (59m) HR/ _____ Cal _____</p> <p>P90X Plus Abs/Core+ (20m) HR/ _____ Cal _____</p>	<p>Day 41</p> <p>DATE _____</p> <p>Insanity Upper Body Weight Training (45m) HR/ _____ Cal _____</p>	<p>Day 42</p> <p>DATE _____</p> <p>DAY OFF</p> <p>OR</p> <p>Stretch Workout</p>
<p>Day 43</p> <p>DATE _____</p> <p>P90X Chest, Shldrs, Tris (55m) HR/ _____ Cal _____</p> <p>One on One - Vol 3 ARX2 (47m) HR/ _____ Cal _____</p>	<p>Day 44</p> <p>DATE _____</p> <p>Insanity Max Interval Plyo (55m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 45</p> <p>DATE _____</p> <p>P90X Back & Biceps (51m) HR/ _____ Cal _____</p> <p>One on One - Vol 2 Iso Abs (38m) HR/ _____ Cal _____</p>	<p>Day 46</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 47</p> <p>DATE _____</p> <p>One on One - Vol 3 Base & Back (51m) HR/ _____ Cal _____</p> <p>Insanity Insane Abs (33m) HR/ _____ Cal _____</p>	<p>Day 48</p> <p>DATE _____</p> <p>Insanity Asylum Strength (50m) HR/ _____ Cal _____</p>	<p>Day 49</p> <p>DATE _____</p> <p>DAY OFF</p> <p>OR</p> <p>Stretch Workout</p>
<p>Day 50</p> <p>DATE _____</p> <p>P90X Core Synergistics (57m) HR/ _____ Cal _____</p>	<p>Day 51</p> <p>DATE _____</p> <p>P90X YogaX (90m) HR/ _____ Cal _____</p>	<p>Day 52</p> <p>DATE _____</p> <p>P90X+ Total Body Plus (45m) HR/ _____ Cal _____</p>	<p>Day 53</p> <p>DATE _____</p> <p>P90X X Stretch (57m) HR/ _____ Cal _____</p>	<p>Day 54</p> <p>DATE _____</p> <p>One on One - Vol 3 Core Synergistics:MC2 (67m) HR/ _____ Cal _____</p>	<p>Day 55</p> <p>DATE _____</p> <p>Insanity Asylum Back to Core (45m) HR/ _____ Cal _____</p> <p>Insanity Asylum Relief (25m) HR/ _____ Cal _____</p>	<p>Day 56</p> <p>DATE _____</p> <p>DAY OFF</p> <p>OR</p> <p>Stretch Workout</p>

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Training Block 3

<p>Day 57</p> <p>DATE _____</p> <p>P90X Chest & Back (53m) HR/ _____ Cal _____</p> <p>One on One - Vol 1 Killer Abs (25m) HR/ _____ Cal _____</p>	<p>Day 58</p> <p>DATE _____</p> <p>Insanity-Asylum Speed & Agility (45m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 59</p> <p>DATE _____</p> <p>One on One - Vol 1 Diamond Delts (36m) HR/ _____ Cal _____</p> <p>One on One - Vol 1 Just Arms (47m) HR/ _____ Cal _____</p>	<p>Day 60</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 61</p> <p>DATE _____</p> <p>P90X Legs & Back (59m) HR/ _____ Cal _____</p> <p>P90X Plus Abs/Core+ (20m) HR/ _____ Cal _____</p>	<p>Day 62</p> <p>DATE _____</p> <p>One on One - Vol 3 P.A.P. (70m) HR/ _____ Cal _____</p>	<p>Day 63</p> <p>DATE _____</p> <p>DAY OFF OR Stretch Workout</p>
<p>Day 64</p> <p>DATE _____</p> <p>P90X Chest, Shldr, Tris (55m) HR/ _____ Cal _____</p> <p>One on One - Vol 3 ARX2 (25m) HR/ _____ Cal _____</p>	<p>Day 65</p> <p>DATE _____</p> <p>Insanity Max Interval Plyo (55m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 66</p> <p>DATE _____</p> <p>P90X Back & Biceps (59m) HR/ _____ Cal _____</p> <p>Insanity Insane Abs(33m) HR/ _____ Cal _____</p>	<p>Day 67</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 68</p> <p>DATE _____</p> <p>One on One - Vol 3 Base & Back (51m) HR/ _____ Cal _____</p> <p>One on One - Vol 2 Iso Abs (38m) HR/ _____ Cal _____</p>	<p>Day 69</p> <p>DATE _____</p> <p>One on One - Vol 3 P.A.P. (70m) HR/ _____ Cal _____</p>	<p>Day 70</p> <p>DATE _____</p> <p>DAY OFF OR Stretch Workout</p>
<p>Day 71</p> <p>DATE _____</p> <p>One on One - Vol 3 Chest, Back & Balls(60m) HR/ _____ Cal _____</p> <p>One on One - Vol 1 Killer Abs (25m) HR/ _____ Cal _____</p>	<p>Day 72</p> <p>DATE _____</p> <p>Insanity-Asylum Vertical Plyo (40m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 73</p> <p>DATE _____</p> <p>One on One - Vol 1 Diamond Delts (36m) HR/ _____ Cal _____</p> <p>One on One - Vol 1 Just Arms (47m) HR/ _____ Cal _____</p>	<p>Day 74</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 75</p> <p>DATE _____</p> <p>P90X Legs & Back (60m) HR/ _____ Cal _____</p> <p>One on One - Vol 2 Iso Abs (38m) HR/ _____ Cal _____</p>	<p>Day 76</p> <p>DATE _____</p> <p>One on One - Vol 3 P.A.P. (70m) HR/ _____ Cal _____</p>	<p>Day 77</p> <p>DATE _____</p> <p>DAY OFF OR Stretch Workout</p>
<p>Day 78</p> <p>DATE _____</p> <p>One on One - Vol 3 UBX (60m) HR/ _____ Cal _____</p> <p>One on One - Vol 3 ARX2 (47m) HR/ _____ Cal _____</p>	<p>Day 79</p> <p>DATE _____</p> <p>Insanity Max Interval Sports Triaining (55m) OR Run Dist. / Time _____</p> <p>Av/Max.MPH _____ HR/Cal _____</p>	<p>Day 80</p> <p>DATE _____</p> <p>One on One - Vol 3 V-Sculpt (60m) HR/ _____ Cal _____</p> <p>One on One - Vol 2 20/12 Abs (10m) HR/ _____ Cal _____</p>	<p>Day 81</p> <p>DATE _____</p> <p>One on One - Vol 3 Yoga: MC2 (60m) HR/ _____ Cal _____</p>	<p>Day 82</p> <p>DATE _____</p> <p>One on One - Vol 3 Base & Back (51m) HR/ _____ Cal _____</p> <p>One on One - Vol 2 Iso Abs (38m) HR/ _____ Cal _____</p>	<p>Day 83</p> <p>DATE _____</p> <p>One on One - Vol 3 P.A.P. (70m) HR/ _____ Cal _____</p>	<p>Day 84</p> <p>DATE _____</p> <p>DAY OFF OR Stretch Workout</p>
<p>Day 85</p> <p>DATE _____</p> <p>P90X Core Synergistics (57m) HR/ _____ Cal _____</p>	<p>Day 86</p> <p>DATE _____</p> <p>P90X YogaX (90m) HR/ _____ Cal _____</p>	<p>Day 87</p> <p>DATE _____</p> <p>P90X+ Total Body Plus (45m) HR/ _____ Cal _____</p>	<p>Day 88</p> <p>DATE _____</p> <p>One on One - Vol 3 Stretch & Recovery (70m) HR/ _____ Cal _____</p>	<p>Day 89</p> <p>DATE _____</p> <p>One on One - Vol 3 Core Synergistics:MC2 (67m) HR/ _____ Cal _____</p>	<p>Day 90</p> <p>DATE _____</p> <p>Insanity Asylum Back to Core (45m) HR/ _____ Cal _____</p> <p>Insanity Asylum Relief (25m) HR/ _____ Cal _____</p>	<p>Day 91</p> <p>DATE _____</p> <p>DAY OFF OR Stretch Workout</p>

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