

DATE / WEEK						
Warm-Up (3 Rounds)	01 Jog	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	02 Jumping Jacks - Arms Up	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	03 Jump Rope - Side-to-Side	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	04 High Knees - Arms Out	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	05 Switch Kicks	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	06 Hit The Floor	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	07 Side-to-Side Floor Hops	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	<b>Round 1 (3:52); Round 2 (3:40)</b>					
	08 Sprint	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
	09 Jumping Jacks	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
	10 Heisman	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
	11 123-123	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
12 High Knees	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____	
<b>Round 3 (1:19)</b>						
<b>Water Break (0:30)</b>						
<b>Stretch (4:59)</b>						
<b>Water Break (0:30)</b>						
Circuit 1	13 High / Low Jab w/ Squat	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	14 Football Runs	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	15 Basketball Shot w/ Squats	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	<b>(3:36)</b>					
Circuit 2	16 Right & Left Kicks (2:14)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	17 Diamond Jumps	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	18 In-Out Push-Up Jacks	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	19 Suicide Jumps	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	20 High Knee / Low Knee / Floor Sprints	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
21 Ski Abs	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____	
<b>(6:29)</b>						
Circuit 3	22 Kick Step Back	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	23 Squat Twists	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	24 Over The River Hops	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
<b>(4:44)</b>						
Circuit 4	25 Attack	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	26 Power Knee	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	27 Ski Down Hooks	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
<b>(4:14)</b>						
Circuit 5	28 Belt Kicks	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	29 Forward / Back Suicides	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	30 Push-Up Abs	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	31 Plank Punches	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	32 8 Jump Ropes / 8 Hop Squats	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	<b>(6:19)</b>					
33 Squat Speed Bag (1:04)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____	
<b>Cool Down Stretch (3:59)</b>						
Time (47 Min)	Start _____	Start _____	Start _____	Start _____	Start _____	
	End _____	End _____	End _____	End _____	End _____	
	Total _____	Total _____	Total _____	Total _____	Total _____	
	<b>Average Heart Rate (BPM)</b>	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
<b>Calories Burned</b>	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals	

## INSANITY - MAX CARDIO CONDITIONING

**Tools**  
1) Worksheet and Pen  
2) Water and Towel

**Legend**  
R1 - Round 1  
R2 - Round 2  
R3 - Round 3

WORKSHEET COMPLETED BY:  
COACH MIKE ROBERTS  
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