

DATE / WEEK						
Warm-Up (3 Rounds)	01 Jog	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	02 Power Jacks	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	03 Log Jump	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	04 123-123	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	05 Butt Kicks	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	06 High Knees	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	07 Vertical Leaps	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
Round 1 (3:32); Round 2 (3:25); Round 3 (3:21)						
Water Break (0:14)						
Stretch (6:40)						
Water Break (0:30)						
Circuit 1 (3 Rounds)	08 Power Jumps	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	09 Belt Kicks	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	10 Hit The Floor	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	11 V Push-Ups	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	12 Tricep Dips (Round 3 Only)	_____ R3 _____	_____ R3 _____	_____ R3 _____	_____ R3 _____	_____ R3 _____
	13 One Legged Tricep Dips (Round 3 Only)	_____ R3 _____	_____ R3 _____	_____ R3 _____	_____ R3 _____	_____ R3 _____
Round 1 (1:59); Round 2 (2:01); Round 3 (3:28)						
Water Break - Round 1 (0:30); Round 2 (0:30); Round 3 (0:30)						
	14 Triceps Ball Push-Ups (Round 3 Only)	_____ R3 _____	_____ R3 _____	_____ R3 _____	_____ R3 _____	_____ R3 _____
Water Break - 0:30						
Circuit 2 (3 Rounds)	15 Hurdle Jumps	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	16 Globe Jumps	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	17 Moving Push-Ups	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
	18 Floor Sprints	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____	R1 _____ R2 _____ R3 _____
Round 1 (1:57); Round 2 (1:59); Round 3 (1:59)						
Water Break - Round 1 (0:30); Round 2 (0:30); Round 3 (0:14)						
	19 8 Hop Squats / 8 Push-Ups (Round 3 Only)	_____ R3 _____	_____ R3 _____	_____ R3 _____	_____ R3 _____	_____ R3 _____
Cool Down Stretch (3:30)						
Time (39 Min)	Start _____	Start _____	Start _____	Start _____	Start _____	Start _____
	End _____	End _____	End _____	End _____	End _____	End _____
	Total _____	Total _____	Total _____	Total _____	Total _____	Total _____
Average Heart Rate (BPM)	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
Calories Burned	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals

INSANITY- CARDIO POWER & RESISTANCE

Tools

- 1) Worksheet and Pen
- 2) Water and Towel

Legend

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

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM

