



INSANITY OVERVIEW

Disc	Workout	Time	Target Muscles	Exercises
1	FIT Test	25:40		
2	Plyo Cardio Circuit	41:47		
3	Cardio Power & Resistance	39:19		
4	Cardio Recovery	33:02		
5	Pure Cardio	38:17		
6	Cardio Abs	16:45		
7	Core Cardio & Balance	37:18		
8	Max Interval Circuit	59:49		
9	Max Interval Plyo	55:10		
10	Max Cardio Conditioning	47:40		
11	Max Recovery	47:16		
12	Insane Abs	33:22		
13	Max Interval Sports Training	54:38		
14	Upper Body Weight Training	47:20		
15	Fast & Furious	20:00		

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