

DATE / WEEK						
Warm-Up (3 Rounds)	01 Jog	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	02 Jumping Jacks - Arms Up	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	03 123-123	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	04 Jump Rope - Side-to-Side	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	05 High Knees - Arms Out	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	06 Switch Kicks	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	07 Hit The Floor	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	08 Side-to-Side Floor Hops	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
Round 1 (4:03); Round 2 (3:58); Round 3 (2:10)						
Water Break (0:28)						
Stretch (4:52)						
Water Break (0:34)						
Circuit 1 (3 Rounds)	09 Pedal / Power Lunges	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	10 Ski Abs / Push-Up Jacks / In & Out Abs / Oblique Push-Ups	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	11 Power Strike	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	12 Frog Jumps	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	13 Football Run / Cross Jacks (Round 3 Only)	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
Round 1 (3:49); Round 2 (2:59); Round 3 (4:13)						
Water Break - Round 1 (0:30); Round 2 (0:30); Round 3 (0:39)						
Circuit 2 (3 Rounds)	14 Hook Jumps	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	15 High Knees w/ Twist	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	16 High - Low Jab w/ Squat	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	17 Floor Switch Kicks	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	18 1-2-3 Jab Across (Round 3 Only)	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
Round 1 (4:22); Round 2 (3:09); Round 3 (4:25)						
Water Break - Round 1 (0:43); Round 2 (0:30); Round 3 (0:30)						
Circuit 3 (3 Rounds)	19 Side Suicide Jumps	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	20 Squat Hooks	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	21 Full Body Drill	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	22 Plank Punches	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
Round 1 (4:51); Round 2 (3:12); Round 3 (2:59)						
Water Break - Round 1 (0:30); Round 2 (0:37); Round 3 (0:49)						
Cool Down Stretch (3:16)						
	Time (59 Min)	Start ____ End ____ Total ____	Start ____ End ____ Total ____	Start ____ End ____ Total ____	Start ____ End ____ Total ____	Start ____ End ____ Total ____
	Average Heart Rate (BPM)	Ave ____ BPM	Ave ____ BPM	Ave ____ BPM	Ave ____ BPM	Ave ____ BPM
	Calories Burned	____ Cals	____ Cals	____ Cals	____ Cals	____ Cals

INSANITY- MAX INTERVAL CIRCUIT

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
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