

DATE / WEEK						
Warm-Up (2 Rounds)	01 Speed Jog	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	02 Jump Rope	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	03 Jumping Jacks	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	04 Heisman	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	05 123-123	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
	06 Power Hooks	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____	R1 ____ R2 ____
Round 1 (2:59); Round 2 (2:59)						
Circuit 1 (3 Rounds)	01 Shoulders - 360 Shoulder Press	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____
	02 Biceps - Pulse Bicep Curls R1 - 3x4, R2 - 2x5, R3 - 2x4	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____
	03 Triceps - In N' Out Abs w/ Tricep Pushups	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____
	04 Cardio Abs - Floor Sprints	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 10 ____ seconds	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 10 ____ seconds	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 10 ____ seconds	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 10 ____ seconds	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 10 ____ seconds
	Round 1 - Rest (0:39); Round 2 - Rest (0:49)					
	Water Break (1:44)					
Circuit 2 (3 Rounds)	05 Biceps - Squat Bicep Curl R1 - 2x6, R2 - 2x5, R3 - 2x4	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____	R1/L1 ____ 12 ____ W1 ____ R2/L2 ____ 10 ____ W2 ____ R3/L3 ____ 8 ____ W3 ____
	06 Shoulders - 180 Lateral Raises	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____
	07 Triceps - Elevated Tricep Dips	R1 ____ 30 ____ R2 ____ 30 ____ R3 ____ 30 ____	R1 ____ 30 ____ R2 ____ 30 ____ R3 ____ 30 ____	R1 ____ 30 ____ R2 ____ 30 ____ R3 ____ 30 ____	R1 ____ 30 ____ R2 ____ 30 ____ R3 ____ 30 ____	R1 ____ 30 ____ R2 ____ 30 ____ R3 ____ 30 ____
	08 Cardio - Power Jumps	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____	R1 ____ 12 ____ R2 ____ 10 ____ R3 ____ 8 ____
Round 1 - Rest (0:34); Round 2 - Rest (0:54)						
Water Break (1:19)						
Circuit 3 (3 Rounds)	09 Chest / Shoulders - Full Rotational Flys	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____
	10 Chest / Shoulders - Push-Ups with Front Raise	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____
	11 Cardio Abs - High Knees with Twist	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 15 ____ seconds	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 15 ____ seconds	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 15 ____ seconds	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 15 ____ seconds	T1 ____ 30 ____ seconds T2 ____ 20 ____ seconds T3 ____ 15 ____ seconds
Round 1 - Rest (0:39); Round 2 - Rest (0:39)						
Water Break (1:14)						
Circuit 4 (3 Rounds)	12 Chest / Abs - Chest Presses / Leg Raise	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____	R1 ____ 12 ____ W1 ____ R2 ____ 10 ____ W2 ____ R3 ____ 8 ____ W3 ____
	13 Back / Shoulders - Bent Over Row / Flys	R1 ____ 6 ____ W1 ____ R2 ____ 5 ____ W2 ____ R3 ____ 4 ____ W3 ____	R1 ____ 6 ____ W1 ____ R2 ____ 5 ____ W2 ____ R3 ____ 4 ____ W3 ____	R1 ____ 6 ____ W1 ____ R2 ____ 5 ____ W2 ____ R3 ____ 4 ____ W3 ____	R1 ____ 6 ____ W1 ____ R2 ____ 5 ____ W2 ____ R3 ____ 4 ____ W3 ____	R1 ____ 6 ____ W1 ____ R2 ____ 5 ____ W2 ____ R3 ____ 4 ____ W3 ____
	14 Cardio Abs - Ski Abs	R1 ____ 20 ____ R2 ____ 16 ____ R3 ____ 10+10 ____	R1 ____ 20 ____ R2 ____ 16 ____ R3 ____ 10+10 ____	R1 ____ 20 ____ R2 ____ 16 ____ R3 ____ 10+10 ____	R1 ____ 20 ____ R2 ____ 16 ____ R3 ____ 10+10 ____	R1 ____ 20 ____ R2 ____ 16 ____ R3 ____ 10+10 ____
Round 1 - Rest (0:49); Round 2 - Rest (0:59)						
Cool Down Stretch (1:44)						
	Time (47 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 - UPPER BODY WEIGHT TRAINING

- Tools**
- 1) Dumb bells
 - 2) Workbench (or Chair and Floor)
 - 3) Worksheet and Pen
 - 4) Water and Towel

Legend
R - Reps
R/L - Right / Left
W - Weight
T - Time

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 COACH MIKE ROBERTS
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