

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	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	03 Heisman	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 Mummy Kicks	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
Round 1 (3:34); Round 2 (3:25); Round 3 (3:28)						
Water Break (0:19)						
Stretch (5:51)						
Water Break (0:30)						
Main Workout	08 Suicide Drills	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	09 Switch Kicks	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	10 Wide Football Sprints	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	11 Stance Jacks	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	12 Pedal	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	13 Hooks and Jump Rope (Round 3 Only)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	14 Power Jack	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	15 Level 2 Drills	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	16 Frog Jumps	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	17 Power Knees	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	18 Mountain Climbers	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	19 Ski Down (Round 3 Only)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	20 Scissor Runs	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	21 Suicide Jumps	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
22 Push-Up Jacks	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____	
Workout - (15:11)						
Water Break (1:00)						
Cool Down Stretch (4:30)						
Time (38 Min)	Start	____	Start	____	Start	____
	End	____	End	____	End	____
	Total	____	Total	____	Total	____
Average Heart Rate (BPM)	Ave	____ BPM	Ave	____ BPM	Ave	____ BPM
Calories Burned		____ Cals		____ Cals		____ Cals

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

DATE / WEEK						
Warm- Up	01 Jog	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	02 High Knees	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	03 High Knees w/ Twist	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	04 Jump Rope	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	05 Tuck Jumps	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	(2:26)					
Water Break (0:30)						
Circuit 1	06 Wide Tuck Jumps (0:29)	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	08 C-Sit Position	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	09 Twists	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	10 Twists w/ Knee	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	11 A-Frame Ab Twists	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	12 A-Frame w/ Knee	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
13 Hold Center (Round 3 Only)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____	
(3:00)						
Water Break - 0:30						
Circuit 2	14 Single Leg Raises (L) (0:60)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	15 Single Leg Raises (R) (0:30)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	Water Break - 0:30					
Circuit 3	16 Double Leg Raises (L+R) (0:60)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	17 High Plank Position	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	18 High Plank - Alternate Knees	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	19 High Plank - Alternate Knees Fast	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	20 Low Plank Position	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
21 Low Plank - Alternate Knees	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____	
(2:56)						
Circuit 4	18 Child's Pose (0:43)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
	19 Pulse Tucks-Low & High (1:02)	R1 ____	R1 ____	R1 ____	R1 ____	R1 ____
Stretch (2:11)						
	Time (16 Min)	Start _____	Start _____	Start _____	Start _____	Start _____
		End _____	End _____	End _____	End _____	End _____
		Total _____	Total _____	Total _____	Total _____	Total _____
	Average Heart Rate (BPM)	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
Calories Burned	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals	

INSANITY - CARDIO ABS

Tools
1) Worksheet and Pen
2) Water and Towel

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

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