

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 (4:14); Round 2 (4:06); Round 3 (2:11)						
Water Break (0:29)						
Stretch (4:39)						
Water Break (0:29)						
Circuit 1 (3 Rounds)	09 Switch Jumps	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3
	10 Squat Push-Ups	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3
	11 Wide In & Out Abs	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3
	12 Power Jumps	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3
	13 One Legged V Push-Ups (Round 3 Only)	R3	R3	R3	R3	R3
Round 1 (4:15); Round 2 (3:04); Round 3 (4:30)						
Water Break - Round 1 (0:30); Round 2 (0:30); Round 3 (0:28)						
Circuit 2 (3 Rounds)	14 Pogo Right / Left	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3
	15 Power Push-Ups	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3
	16 Globe Twists	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3
	17 Level 3 Drills	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3	R1 R2 R3
	18 Power Lunges / Hop Squats (Round 3 Only)	R3	R3	R3	R3	R3
Round 1 (4:30); Round 2 (3:30); Round 3 (4:11)						
Water Break - Round 1 (0:30); Round 2 (0:30); Round 3 (0:30)						
Circuit 3 (1 Round)	19 Side Push-Ups	R1	R1	R1	R1	R1
	20 Kickstand Touch The Floor	R1	R1	R1	R1	R1
	21 8 Power Knees / 4 Diamond Jumps	R1	R1	R1	R1	R1
	22 Balance Push-Ups	R1	R1	R1	R1	R1
	23 Power Lunges / Hop Squats	R1	R1	R1	R1	R1
(6:30)						
Cool Down Stretch (4:36)						
Time (55 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 - MAX INTERVAL PLYO

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

