

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 (3:25); Round 2 (3:27); Round 3 (3:28)						
Water Break (0:24)						
Stretch (6:52)						
Water Break (0:24)						
Circuit 1 (3 Rounds)	08 Suicide Drills	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	09 Power Squats	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	10 Mountain Climbers	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	11 Ski Downs	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	12 Switch Feet (Round 3 Only)	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
	13 Football Sprints (Round 3 Only)	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
Round 1 (1:59); Round 2 (3:28); Round 3 (3:28)						
Water Break - Round 1 (0:30); Round 2 (0:30); Round 3 (0:30)						
Circuit 2 (3 Rounds)	14 Basketball	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	15 Level 1 Drills	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	16 Ski Abs	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	17 In Out Abs	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____	R1 ____ R2 ____ R3 ____
	18 Jabs (Round 3 Only)	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
	19 Cross Jacks (Round 3 Only)	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
	20 Uppercuts (Round 3 Only)	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
	21 Attacks (Round 3 Only)	R3 ____	R3 ____	R3 ____	R3 ____	R3 ____
Round 1 (2:26); Round 2 (2:58); Round 3 (4:34)						
Water Break - Round 1 (0:30); Round 2 (0:30); Round 3 (0:24)						
Cool Down Stretch (3:21)						
Time (47 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 - PLYOMETRIC CARDIO 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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