

DATE / WEEK						
Main Workout	01 Plank Taps Target: 1:05	R _____	R _____	R _____	R _____	R _____
	02 In & Out Ab / Oblique Twist Target: 1:08	R _____	R _____	R _____	R _____	R _____
	03 Heel Taps Target: 1:01	R _____	R _____	R _____	R _____	R _____
	04 Tricep Press / V-Hold Target: 1:17	R _____	R _____	R _____	R _____	R _____
	05 Plank Spider Series Target: Box 1, Box 2, Box 3, Elbow Walk (3:52)	R _____	R _____	R _____	R _____	R _____
	06 V-Hold / In & Out Ab Pyramid Target: 2:32	R _____	R _____	R _____	R _____	R _____
	07 Knee Crossover Target: 1:09	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	08 Elbow Roll / Knee Taps Target: 1:02	R _____	R _____	R _____	R _____	R _____
	09 Knee Taps Target: 1:08	R _____	R _____	R _____	R _____	R _____
Cool Down (1:26)						
Time (20 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: THE ASYLUM 2, Disc 3B - AB SHREDDER						

- Tools**
 1) Agility Ladder
 2) Mat
 3) Water and Towel

Legend
R - Reps

WORKSHEETS COMPLETED BY:
 COACH MIKE ROBERTS
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