

INSANITY: THE ASYLUM 2

Disc	Workout	Time	Target Muscles	Exercises
1a	Agility Tutorial	24:53	Cardio	Audition, Planes Of Movement, On Your Marks, Crossword Puzzle, T-180, T-360, X Trainer: Part 1, X-Trainer: Part 2, X-Trainer: Part 3, X-Trainer: Part 4, Counterattack
1b	X Trainer	49:09	Chest, Back,	5 Rounds - Speed, Total-Body Power, Core Strength, and Agility
2a	Upper Elite	60:06	Chest, Bicep,	6 Rounds + Burnout - Push-Up, Chest Press, Bicep Curl, Shoulder, Tricep
3	Power Legs	49:44	Cardio + Legs	6 Rounds + Burnout - Agility, Strength Band Exercises + a 5+ minute Burnout!
3b	Ab Shredder	20:28	Abs	9 Exercises
4	Back & 6-Pack	37:43	Back, Abs	4 Rounds - Pull-Up or Dumbbel Options
5	Championship	55:28	Total Body	8 Rounds + FIT Test - Triple Jump, Volleyball, Speed Skating, Olympic Weight Training, Basketball. Soccer Drills, Gymnastics, Football
6	Off-Day Stretch	31:20	Total Body	Stretch
7	Pure Contact	22:22	Cradio	4 Rouds of 3 Exercises each

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