

DATE / WEEK						
Warm-Up	01 Agility X-Trainer (Part 1) <i>Target: 3:34</i>	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	02 Hop Kicks <i>Target: 0:31</i>	R _____	R _____	R _____	R _____	R _____
	03 U Agility Hops <i>Target: 2:06</i>	R _____	R _____	R _____	R _____	R _____
	04 Hop Kick / Swing Jumps <i>Target: 1:04</i>	R _____	R _____	R _____	R _____	R _____
	05 Agility T-180 <i>Target: 0:32</i>	R _____	R _____	R _____	R _____	R _____
	06 Plank Heisman Agility <i>Target: 0:42</i>	R _____	R _____	R _____	R _____	R _____
	07 Hop Hesiman Agillity <i>Target: 1:07</i>	R _____	R _____	R _____	R _____	R _____
Stretch (1:25)						
Round 1	08 Agility X-Trainer - Part 1 <i>Target: 1:09</i>	R _____	R _____	R _____	R _____	R _____
	09 Hop Squat Agility <i>Target: 0:39</i>	R _____	R _____	R _____	R _____	R _____
	10 Jack Press <i>Target: 0:34</i>	R _____	R _____	R _____	R _____	R _____
Round 2	11 Moving Matrix Push-Ups <i>Target: 3:59</i> <i>5-Tricep, 5-Std, 5- Wide - Repeat 4x (60 TOTAL)</i>	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	12 Agility X-Trainer - Part 2 <i>Target: 1:04</i>	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	13 Pyramid Weights <i>Target: 8 Pyramids - 4:09</i> <i>Bent-Over-Rows, Push-Ups, Shoulder Press</i>	R1 _____ W1 _____ U2 _____ A2 _____ R3 _____ W3 _____	R1 _____ W1 _____ U2 _____ A2 _____ R3 _____ W3 _____	R1 _____ W1 _____ U2 _____ A2 _____ R3 _____ W3 _____	R1 _____ W1 _____ U2 _____ A2 _____ R3 _____ W3 _____	R1 _____ W1 _____ U2 _____ A2 _____ R3 _____ W3 _____
	14 Agility: Counterattack <i>Target: 0:37</i>	R _____	R _____	R _____	R _____	R _____
	15 Leaping Push-Ups <i>Target: 1:06</i>	R _____	R _____	R _____	R _____	R _____
Round 3	16 Agility Crossword Puzzle <i>Target: 0:36</i>	R _____	R _____	R _____	R _____	R _____
	17 Hop Hesiman Ladder Agility <i>Target: 0:35</i>	R _____	R _____	R _____	R _____	R _____
	18 In & Out Ab Agility <i>Target: 1:05</i>	R _____	R _____	R _____	R _____	R _____
Round 4	19 Agility: X-Trainer - Part 3 <i>Target: 1:03</i>	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	20 Single-Arm Assisted Push-Up (Left) <i>Target: 0:41</i>	LT1 _____ LT2 _____	LT1 _____ LT2 _____	LT1 _____ LT2 _____	LT1 _____ LT2 _____	LT1 _____ LT2 _____
	21 Mountain Climber Abs <i>Target: 0:31</i>	R _____	R _____	R _____	R _____	R _____
	22 Single-Arm Assisted Push-Up (Right) <i>Target: 0:40</i>	RT1 _____ RT2 _____	RT1 _____ RT2 _____	RT1 _____ RT2 _____	RT1 _____ RT2 _____	RT1 _____ RT2 _____
	23 Mountain Climber Abs <i>Target: 0:32</i>	R _____	R _____	R _____	R _____	R _____
	24 Squat Jump / Single Leg Press <i>Target: 1:03</i>	R _____	R _____	R _____	R _____	R _____
Round 5	25 Agility: X-Trainer - Part 4 <i>Target: 2:06</i>	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	26 Agility Ladder Jumps <i>Target: 02:54</i>	R1 _____ R2 _____ R3 _____ R4 _____	R1 _____ R2 _____ R3 _____ R4 _____	R1 _____ R2 _____ R3 _____ R4 _____	R1 _____ R2 _____ R3 _____ R4 _____	R1 _____ R2 _____ R3 _____ R4 _____
Cool Down (1:19)						
Time (48 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 1 - X TRAINER

Tools
1) Agility Ladder
2) Jump Rope
3) Dumbbells
4) Water and Towel
*Optional

Legend
R - Reps
W - Weight
RT - Right
LT - Left
U - Unassisted
A - Assisted

WORKSHEETS COMPLETED BY:
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