

DATE / WEEK						
Warm-Up	<b>01</b> Agility: The Audition Target: 1:04	R _____	R _____	R _____	R _____	R _____
	<b>02</b> Agility: Counterattacks Target: 0:31	R _____	R _____	R _____	R _____	R _____
	<b>03</b> Agility: On Your Marks Target: 2:06	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
<b>Active Stretch (2:12)</b>						
	<b>04</b> Power Broad Jump Target: 0:46	R _____	R _____	R _____	R _____	R _____
Round 1	<b>05</b> Jump Squats Target: 1:04	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
	<b>06</b> Plank Leg Taps Target: 30s Per Leg (1:03)	RT _____ BC _____ LT _____ BC _____	RT _____ BC _____ LT _____ BC _____	RT _____ BC _____ LT _____ BC _____	RT _____ BC _____ LT _____ BC _____	RT _____ BC _____ LT _____ BC _____
	<b>07</b> Power X-Jumps Target: 1:03	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
	<b>08</b> Plank Jacks Target: 1:03	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
Round 2	<b>09</b> Agility Stance Jacks Target: 1:06	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
	<b>10</b> Split Lunge Agility Target: 1:00	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
	<b>11</b> Agility Heisman Target: 0:33	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
	<b>12</b> Jack Press Target: 1:03	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
	<b>13</b> Agility Touch Squats Target: 1:03	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
Round 3	<b>14</b> Agility Stance Jacks Target: 0:32	R _____	R _____	R _____	R _____	R _____
	<b>15</b> Split Lunge Agility Target: 0:29	R _____	R _____	R _____	R _____	R _____
	<b>16</b> Agility Heisman Target: 0:37	R _____	R _____	R _____	R _____	R _____
	<b>17</b> Jack Press Target: 0:31	R _____	R _____	R _____	R _____	R _____
	<b>18</b> Agility Touch Squat Target: 1:11	R _____	R _____	R _____	R _____	R _____
Round 4	<b>19</b> Diagonal Dumbbell Squat Target: 1:09	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	<b>20</b> Wide Plie Squat Target: 0:40	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>21</b> Plie Squat Hop Target: 0:33	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 5	<b>22</b> Agility: Crossword Puzzle Target: 0:33	R _____	R _____	R _____	R _____	R _____
	<b>23</b> Kettlebell Swings Target: 0:32	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>24</b> Plank / Double Hop Target: 0:35	R _____	R _____	R _____	R _____	R _____
	<b>25</b> Kettlebell Swing Target: 0:34	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>26</b> Plank / In & Out Hop Target: 0:43	R _____	R _____	R _____	R _____	R _____
Round 6	<b>27</b> Power Jump / Kettlebell Swing Target: 8 PJ / 8 KS (2:04)	PJ _____ KB _____ W _____	PJ _____ KB _____ W _____	PJ _____ KB _____ W _____	PJ _____ KB _____ W _____	PJ _____ KB _____ W _____
	<b>28</b> Agility Hops Target: 0:36	R _____	R _____	R _____	R _____	R _____
Burnout	<b>29</b> The Burnout Target: 30s each move (5:30) Narrow Squat, Wide Squat, Wide Plie Squat, Lunge-RT, Wide Plie Squat, Lunge-LT, Wide Plie Squat, Wide Squat, Narrow Squat	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Cool Down (2:37)</b>						
<b>Time (49 Min)</b>		Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
<b>Average Heart Rate (BPM)</b>		Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
<b>Calories Burned</b>		_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals

## INSANITY: THE ASYLUM 2, Disc 3 - POWER LEGS

**Tools**  
1) Agility Ladder  
2) Strength Bands  
3) Dumbbells  
4) Water and Towel

**Legend**  
R - Reps  
W - Weight  
RT - Right  
LT - Left  
BC - Band Color

WORKSHEETS COMPLETED BY:  
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