

**INSANITY**

# THE ASYLUM

## VOLUME 2



<b>Day 1</b> DATE <b>Agility Trainer (25m)</b> HR / Cal _____ / _____ BPM Calories <b>X Trainer (49m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 2</b> DATE <b>Upper Elite (60m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 3</b> DATE <b>Power Legs (49m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 4</b> DATE <b>Back &amp; 6-Pack (37m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 5</b> DATE <b>Off Day Stretch (30m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 6</b> DATE <b>Championship</b> FIT Test - Sudden Death (55:38m) HR / Cal _____ / _____ BPM Calories # of Rounds _____ 1 Round =Agility: Audition, 4x Power Jumps, 2x Burpee into X Jump	<b>Day 7</b> DATE <b>REST</b> or <b>Off Day Stretch (30m)</b> HR / Cal _____ / _____ BPM Calories
<b>Day 8</b> DATE <b>X Trainer (49m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 9</b> DATE <b>Upper Elite (60m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 10</b> DATE <b>Power Legs (49m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 11</b> DATE <b>Back &amp; 6-Pack (37m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 12</b> DATE <b>Off Day Stretch (30m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 13</b> DATE <b>Championship</b> FIT Test - Sudden Death (55:38m) HR / Cal _____ / _____ BPM Calories # of Rounds _____ 1 Round =Agility: Audition, 4x Power Jumps, 2x Burpee into X Jump	<b>Day 14</b> DATE <b>REST</b> or <b>Off Day Stretch (30m)</b> HR / Cal _____ / _____ BPM Calories
<b>Day 15</b> DATE <b>X Trainer (49m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 16</b> DATE <b>Upper Elite (60m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 17</b> DATE <b>Power Legs (49m)</b> HR / Cal _____ / _____ BPM Calories <b>Ab Shredder (20m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 18</b> DATE <b>Back &amp; 6-Pack (37m)</b> HR / Cal _____ / _____ BPM Calories <b>Pure Contact (25m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 19</b> DATE <b>Off Day Stretch (30m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 20</b> DATE <b>Championship</b> FIT Test - Sudden Death (55:38m) HR / Cal _____ / _____ BPM Calories # of Rounds _____ 1 Round =Agility: Audition, 4x Power Jumps, 2x Burpee into X Jump	<b>Day 21</b> DATE <b>REST</b> or <b>Off Day Stretch (30m)</b> HR / Cal _____ / _____ BPM Calories
<b>Day 22</b> DATE <b>X Trainer (49m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 23</b> DATE <b>Upper Elite (60m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 24</b> DATE <b>Power Legs (49m)</b> HR / Cal _____ / _____ BPM Calories <b>Ab Shredder (20m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 25</b> DATE <b>Back &amp; 6-Pack (37m)</b> HR / Cal _____ / _____ BPM Calories <b>Pure Contact (25m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 26</b> DATE <b>Off Day Stretch (30m)</b> HR / Cal _____ / _____ BPM Calories	<b>Day 27</b> DATE <b>Championship</b> FIT Test - Sudden Death (55:38m) HR / Cal _____ / _____ BPM Calories # of Rounds _____ 1 Round =Agility: Audition, 4x Power Jumps, 2x Burpee into X Jump	<b>Day 28</b> DATE <b>REST</b> or <b>Off Day Stretch (30m)</b> HR / Cal _____ / _____ BPM Calories

WORKSHEETS COMPLETED BY:  
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM  
TEAMRIGHTNOW@GMAIL.COM



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VOLUME 2



DAY	DATE	Day (Wake-Up)	Bedtime	Wake Up	Sleep (Hrs)	COMMENTS
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2						
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