

DATE / WEEK						
Warm-Up	01 Overhead Jack Target: 0:39	R _____	R _____	R _____	R _____	R _____
	02 Straight Arm Jacks Target: 1:07	R _____	R _____	R _____	R _____	R _____
	03 Torque Twist Target: 1:03	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	04 C-Sit Heel Taps Target: 1:19	R _____	R _____	R _____	R _____	R _____
Stretch (1:36)						
Round 1	05 Bent-Over Row <u>or</u> Wide Grip Pull-Up Target: 0:30	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____
	06 Suicide Jumps Target: 0:33	R _____	R _____	R _____	R _____	R _____
	07 Bent-Over Wide Row <u>or</u> Close-Grip Oblique Twist Target: 0:29	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____
	08 Ski Abs Target: 0:34	R _____	R _____	R _____	R _____	R _____
	09 Alt. Bent-Over Rows / Leg Raise Pull-Up Target: 0:34	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____
	10 Floor Sprints Target: 0:33	R _____	R _____	R _____	R _____	R _____
Round 2	11 One-Arm Shoot-Through Target: 1:05	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	12 Warrior One Target: 1:08	R _____	R _____	R _____	R _____	R _____
	13 Shoot-Through / In & Out Abs Target: 1:05	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	14 Superman Hold Target: 1:06	R _____ B _____	R _____ B _____	R _____ B _____	R _____ B _____	R _____ B _____
	15 Side Plank / Arm Raise Target: 1:21	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Rd 3	16 Pulse-Up / Mountain Climber Target: 2, 4, 6, 8, 10, 12, 14 16 (3:35)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 4	17 Alt. Hip Flies <u>or</u> Straight Leg Pull-Up Target: 0:36	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____
	18 Five Count Abs - Round 1 Target: 3 Rounds (1:04)	R _____	R _____	R _____	R _____	R _____
	19 Hammer Hip-Fly Hold <u>or</u> Close-Grip Pull-Up Hold Target: 0:52	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____
	20 Five Count Abs - Round 2 Target: 3 Rounds (1:05)	R _____	R _____	R _____	R _____	R _____
	21 Hammer Hip- Fly Release <u>or</u> Wide-Grip Pull-Up Release Target: 0:44	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____	R _____ W _____ U _____ A _____
	22 Five Count Abs - Round 3 Target: 3 Rounds (1:16)	R _____	R _____	R _____	R _____	R _____
	23 Flutter Kicks Target: 0:35	R _____	R _____	R _____	R _____	R _____
Cool Down (1:03)						
Time (37 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 4 - BACK & 6 PACK

Tools
1) Jump Rope
2) Strength Bands
3) Dumbbells
4) Chin-Up Bar
5) Chin-Up Assist*
6) Water and Towel
*Optional

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

WORKSHEETS COMPLETED BY:
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