

DATE / WEEK					
Warm-Up	01 Overhead Jacks Target: 0:31	R _____	R _____	R _____	R _____
	02 Straight-Arm Jacks Target: 0:32	R _____	R _____	R _____	R _____
	03 Basic Jumps / Jump Swings Target: 8 Jumps / 8 Swings (1:02)	R _____	R _____	R _____	R _____
	04 Shoulder Tap / Tap-Outs Target: 1:01	R _____	R _____	R _____	R _____
	05 Bicep Jacks Target: 0:32	R _____	R _____	R _____	R _____
	06 Hop Kick / Swing Jumps Target: 2 Hop / 4 Swing (1:04)	R _____	R _____	R _____	R _____
Stretch (1:54)					
Round 1	07 Wide Push-Ups Target: 12 (0:25)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	08 Basic Push-Up Target: 12 (0:26)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	09 Chest-Press Twist Target: 12 (0:30)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Alternating Bicep Curls Target: 12 Per Arm (0:46)	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	11 Overhead Press Target: 12 (0:24)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12 Tricep Press Target: 12 (0:23)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Round 2	13 Wide / Basic Push-Ups Target: Max Reps (1:08)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	14 Single-Leg Chest- Press Twist Target: Max Reps (1:03)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Lower 90 Bicep Curl Target: Max Reps (0:32)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	16 Side-to-Side Agility Hops Target: 0:30	R _____	R _____	R _____	R _____
	17 Lower 90 Bicep Curl Target: Max Reps (0:32)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	18 Single-Arm Overhead Press - RIGHT Target: Max Reps (0:32)	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____
	19 Forward / Back Agility Hops Target: 0:36	R _____	R _____	R _____	R _____
	20 Single-Arm Tricep Press - RIGHT Target: Max Reps (0:32)	RT _____ W _____	RT _____ W _____	RT _____ W _____	RT _____ W _____
Round 3	21 Push-Up / Tap-Out Target: Max Reps (1:02)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	22 Double-Leg Chest-Presss Twist Target: Max Reps (0:40)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	23 Upper 90 Bicep Curl Target: Max Reps (0:32)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	24 Split Lunge Agility Target: 0:40	R _____	R _____	R _____	R _____
	25 Upper 90 Bicep Curl Target: Max Reps (0:35)	R _____	R _____	R _____	R _____
	26 Single-Arm Overhead Press - LEFT Target: 0:29	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____
	27 Split Lunge / Side Hop Target: Max Reps (0:38)	R _____	R _____	R _____	R _____
	28 Single-Arm Tricep Press - LEFT Target: Max Reps (0:29)	LT _____ W _____	LT _____ W _____	LT _____ W _____	LT _____ W _____
	29 Single-Arm Push-Up / Plank Hold Target: Max Reps - 15s PU + 15s Plank Per Arm (1:07)	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____

Round 4	30 Chest Fly / Push Press Target: Max Reps (1:06)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	31 Dual Hammer Curl Target: 12 (0:32)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	32 Upright Row / Shoulder Shrug Target: 12 (0:46)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	33 Tricep Push-Up Jacks Target: Max Reps (0:35)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
Round 5	34 Single-Arm Push-Up Target: Max Reps - 30s Per Arm (1:12)	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____
	35 Chest Fly / Push Press / Reverse Crunch Target: Max Reps (1:21)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	36 Upright Row / Wide Hammer Curl Target: 12 (0:49)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	37 Tricep Dips Target: 5-Narrow, 5-Std, 5-Wide (0:58)	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Round 6	38 Alternating Single-Arm Push-Ups Target: Max Reps - Alt 5 Per Arm (1:05)	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____	RT-U _____ RT-A _____ LT-U _____ LT-A _____
	39 Chest Fly / Push Press / Reverse Leg Lift Target: Max Reps (1:05)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	40 Upright Row / Deltoid Raise Target: 12 (0:47)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	41 Tricep Pike-Ups Target: Max Reps (0:50)	R _____	R _____	R _____	R _____	R _____
BURNOUT (5:18)	42 Wide Push-Up Target: Max Reps (0:15)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	43 Alternating Bicep Curl Target: Max Reps (0:15)	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	44 Overhead Press Target: Max Reps (0:15)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	45 Upright Row Target: Max Reps (0:15)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	46 Pyramid Push-Ups / In & Out Abs Target: Max Reps (1:00)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	47 Narrow Hammer Curls Target: Max Reps (0:30)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	48 Overhead Push Press Target: Max Reps (0:30)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	49 Alternating Upright Rows Target: Max Reps (0:30)	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____	RT _____ W _____ LT _____ W _____
	50 Tricep Push-Ups Target: Max Reps (0:30)	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	Cool Down (2:17)					
Time (60 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 2A - UPPER ELITE

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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