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INSANITY
THE ASYLUM
VOLUME 1: SPORTS PERFORMANCE

Calendar

Do more than expected and get better than expected results!

Month 1 : ASYLUM

☐ DAY 1 SPEED & AGILITY	☐ DAY 2 STRENGTH	☐ DAY 3 BACK TO CORE	☐ DAY 4 VERTICAL PLYO	☐ DAY 5 REST DAY
☐ DAY 6 SPEED & AGILITY	☐ DAY 7 STRENGTH	☐ DAY 8 BACK TO CORE	☐ DAY 9 VERTICAL PLYO	☐ DAY 10 RELIEF
☐ DAY 11 GAME DAY	☐ DAY 12 BACK TO CORE	☐ DAY 13 STRENGTH	☐ DAY 14 RELIEF	☐ DAY 15 SPEED & AGILITY
☐ DAY 16 VERTICAL PLYO	☐ DAY 17 STRENGTH	☐ DAY 18 RELIEF	☐ DAY 19 GAME DAY OVERTIME	☐ DAY 20 VERTICAL PLYO
☐ DAY 21 BACK TO CORE	☐ DAY 22 REST DAY	☐ DAY 23 SPEED & AGILITY	☐ DAY 24 STRENGTH	☐ DAY 25 GAME DAY OVERTIME
☐ DAY 26 VERTICAL PLYO	☐ DAY 27 BACK TO CORE	☐ DAY 28 RELIEF	☐ DAY 29 SPEED & AGILITY	☐ DAY 30 FIT TEST

RECOVERY WEEK: (IF NECESSARY)

Before trying one of the Hybrids, we recommend the Recovery Week workouts below.

RECOVERY WEEK

☐ 1 REST DAY	☐ 2 RELIEF	☐ 3 SPEED & AGILITY	☐ 4 REST DAY	☐ 5 SPEED & AGILITY	☐ 6 RELIEF	☐ 7 REST DAY

INSANITY: THE ASYLUM is an extreme and physically demanding workout. This is NOT for beginners or individuals with any medical condition that may be compromised by extreme cardio and strength exercise. Consult your physician and read the enclosed materials before beginning the program.