

INSANITY

THE ASYLUM™

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rest	Speed & Agility	Strength	Back To Core	Vertical Plyo	Rest Day	Speed & Agility
Strength	Back To Core	Vertical Plyo	Relief	Gameday	Back To Core	Strength
Relief	Speed & Agility	Vertical Plyo	Strength	Relief	Gameday Overtime	Vertical Plyo
Back To Core	Rest Day	Speed & Agility	Strength	Gameday Overtime	Vertical Plyo	Back To Core
Relief	Speed & Agility	Athletic Performance Assessment				