

INSANITY

THE ASYLUM

VOLUME 1: SPORTS PERFORMANCE

ADVANCED HYBRID CALENDARS
AFTER 30 DAYS OF THE ASYLUM, YOU MAY BE READY TO TRY ONE OF THESE ADVANCED WORKOUT ROTATIONS. TAKE YOUR FIT TEST BEFORE AND AFTER.

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THE ASYLUM / INSANITY

DAY	WORKOUT	DAY	WORKOUT
1	STRENGTH	16	MAX RECOVERY
	PURE CARDIO		
2	MAX INTERVAL PLYO	17	STRENGTH
			MAX INTERVAL CIRCUIT
3	MAX INTERVAL CIRCUIT	18	RELIEF
4	SPEED & AGILITY	19	GAME DAY
	CARDIO ABS		OVERTIME
5	VERTICAL PLYO	20	STRENGTH
			CARDIO ABS

6	REST DAY	21	REST DAY
7	GAME DAY	22	VERTICAL PLYO
	OVERTIME		BACK TO CORE
8	STRENGTH	23	RELIEF
	PURE CARDIO		MAX INTERVAL CIRCUIT
9	PLYOMETRIC CARDIO CIRCUIT	24	SPEED & AGILITY
10	CARDIO POWER & RESISTANCE	25	STRENGTH
	RELIEF		

11	REST DAY	26	GAME DAY
			OVERTIME (2X)
12	SPEED & AGILITY	27	RELIEF
	CARDIO ABS		SPEED & AGILITY
13	MAX CARDIO CONDITIONING	28	PURE CARDIO
			BACK TO CORE
14	MAX RECOVERY	29	MAX RECOVERY
15	BACK TO CORE	30	FIT TEST
	MAX INTERVAL PLYO		

THE ASYLUM / P90X

DAY	WORKOUT	DAY	WORKOUT
1	CHEST & BACK	16	VERTICAL PLYO
	AB RIPPER X		RELIEF
2	VERTICAL PLYO	17	SHOULDERS & ARMS
	RELIEF		AB RIPPER X
3	SHOULDERS & ARMS	18	SPEED & AGILITY
	AB RIPPER X		
4	YOGA X	19	STRENGTH
5	LEGS & BACK	20	GAME DAY
	RELIEF		OVERTIME

6	SPEED & AGILITY	21	REST DAY
	AB RIPPER X		
7	REST DAY	22	STRENGTH
8	BACK & BICEPS	23	VERTICAL PLYO
	AB RIPPER X		RELIEF
9	VERTICAL PLYO	24	BACK TO CORE
	RELIEF		
10	CHEST/ SHOULDERS/ TRIS	25	SPEED & AGILITY
	AB RIPPER X		

11	SPEED & AGILITY	26	STRENGTH
12	LEGS & BACK	27	GAME DAY
	AB RIPPER X		OVERTIME
13	GAME DAY	28	YOGA X
	OVERTIME		
14	REST DAY	29	SPEED & AGILITY
			RELIEF
15	STRENGTH	30	FIT TEST
	AB RIPPER X		