

INSANITY

THE ASYLUM

VOLUME 1: SPORTS PERFORMANCE

MONTH 1

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

**GET STARTED:**  
FOLLOW THE RECOMMENDED DAILY WORKOUTS FOR THE FIRST 30 DAYS AND PUT AN X THROUGH EVERY WORKOUT YOU COMPLETE.

BE SURE TO TAKE THE ATHLETIC PERFORMANCE ASSESSMENT (AKA FIT TEST DVD) AND TAKE YOUR MEASUREMENTS BEFORE YOU START.

**RECOVERY WEEK (IF NECESSARY)**  
BEFORE TRYING ONE OF THE HYBRIDS ON THE OTHER SIDE, WE RECOMMEND THE RECOVERY WEEK WORKOUTS BELOW.

1	2	3	4	5	6	7
REST DAY	RELIEF	SPEED & AGILITY	REST DAY	SPEED & AGILITY	RELIEF	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 follow all the enclosed safety and other instructions before beginning this program.

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