

INSANITY

# THE ASYLUM

VOLUME 1: SPORTS PERFORMANCE

## MONTH 1

DAY	WORKOUT
1	SPEED & AGILITY
2	STRENGTH
3	BACK TO CORE
4	VERTICAL PLYO
5	REST DAY

16	VERTICAL PLYO
17	STRENGTH
18	RELIEF
19	GAME DAY OVERTIME
20	VERTICAL PLYO

6	SPEED & AGILITY
7	STRENGTH
8	BACK TO CORE
9	VERTICAL PLYO
10	RELIEF

21	BACK TO CORE
22	REST DAY
23	SPEED & AGILITY
24	STRENGTH
25	GAME DAY OVERTIME

11	GAME DAY
12	BACK TO CORE
13	STRENGTH
14	RELIEF
15	SPEED & AGILITY

26	VERTICAL PLYO
27	BACK TO CORE
28	RELIEF
29	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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## 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.

P90X® AND INSANITY® ARE AVAILABLE AT [BEACHBODY.COM](http://BEACHBODY.COM) OR [TEAMBEACHBODY.COM](http://TEAMBEACHBODY.COM).

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THE ASYLUM

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DAY	WORKOUT
1	STRENGTH
	PURE CARDIO
2	MAX INTERVAL PLYO
3	MAX INTERVAL CIRCUIT
4	SPEED & AGILITY
	CARDIO ABS
5	VERTICAL PLYO

16	MAX INTERVAL CIRCUIT
17	STRENGTH
	MAX INTERVAL CIRCUIT
18	RELIEF
19	GAME DAY
	OVERTIME
20	STRENGTH
	CARDIO ABS

6	REST DAY
7	GAME DAY
	OVERTIME
8	STRENGTH
	PURE CARDIO
9	PLYOMETRIC CARDIO CIRCUIT
10	CARDIO POWER & RESISTANCE
	RELIEF

21	REST DAY
22	VERTICAL PLYO
	BACK TO CORE
23	RELIEF
	MAX INTERVAL CIRCUIT
24	SPEED & AGILITY
25	STRENGTH

11	REST DAY
12	SPEED & AGILITY
	CARDIO ABS
13	MAX CARDIO CONDITIONING
14	MAX RECOVERY
15	BACK TO CORE
	MAX INTERVAL PLYO

26	GAME DAY
	OVERTIME (2X)
27	RELIEF
	SPEED & AGILITY
28	PURE CARDIO
	BACK TO CORE
29	MAX RECOVERY
30	FIT TEST

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THE ASYLUM

P90X

DAY	WORKOUT
1	CHEST & BACK
	AB RIPPER X
2	VERTICAL PLYO
	RELIEF
3	SHOULDERS & ARMS
	AB RIPPER X
4	YOGA X
5	LEGS & BACK
	RELIEF

16	VERTICAL PLYO
	RELIEF
17	SHOULDERS & ARMS
	AB RIPPER X
18	SPEED & AGILITY
19	STRENGTH
20	GAME DAY
	OVERTIME

6	SPEED & AGILITY
	AB RIPPER X
7	REST DAY
8	BACK & BICEPS
	AB RIPPER X
9	VERTICAL PLYO
	RELIEF
10	CHEST, SHOULDERS & ARMS
	AB RIPPER X

21	REST DAY
22	STRENGTH
23	VERTICAL PLYO
	RELIEF
24	BACK TO CORE
25	SPEED & AGILITY

11	SPEED & AGILITY
12	LEGS & BACK
	AB RIPPER X
13	GAME DAY
	OVERTIME
14	REST DAY
15	STRENGTH
	AB RIPPER X

26	STRENGTH
27	GAME DAY
	OVERTIME
28	YOGA X
29	SPEED & AGILITY
	RELIEF
30	FIT TEST