

INSANITY

THE ASYLUM

VOLUME 2

GET STARTED: FOLLOW THIS CALENDAR FOR YOUR RECOMMENDED DAILY WORKOUTS AND CHECK THEM OFF AS YOU GO! BE SURE TO WATCH SHAUN'S AGILITY TUTORIAL BEFORE YOU GET STARTED.

FIT TEST (SUDDEN DEATH OT): EACH AND EVERY TIME YOU TAKE THE FIT TEST AT THE END OF THE CHAMPIONSHIP WORKOUT, RECORD YOUR RESULTS BELOW.

TAKE A VIDEO AND POST ONLINE TO SEE HOW YOU RANK AGAINST THE COMPETITION. JUST GO TO THE ASYLUM 2 FIT TEST STANDINGS PAGE ON FACEBOOK®. STICK WITH IT FOR 4 WEEKS AND SUBMIT YOUR RESULTS TO LEARN HOW TO GET A FREE TEAM ASYLUM T-SHIRT.

BEFORE YOU START, WATCH SHAUN'S AGILITY TUTORIAL.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<div></div> <div>AGILITY TUTORIAL X TRAINER</div> <div></div>	<div></div> <div>UPPER ELITE</div> <div></div>	<div></div> <div>POWER LEGS</div> <div></div>	<div></div> <div>BACK & 6-PACK</div> <div></div>	<div></div> <div>OFF-DAY STRETCH</div> <div></div>	<div></div> <div>CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)</div> <div></div>	<div></div> <div>REST OR OFF-DAY STRETCH</div> <div></div>
	1 ROUND FIT TEST = AGILITY: THE AUDITION, 4X POWER JUMPS, 2X BURPEE INTO X JUMP.					(# OF ROUNDS) <div></div>	
WEEK 2	<div></div> <div>X TRAINER</div> <div></div>	<div></div> <div>UPPER ELITE</div> <div></div>	<div></div> <div>POWER LEGS</div> <div></div>	<div></div> <div>BACK & 6-PACK</div> <div></div>	<div></div> <div>OFF-DAY STRETCH</div> <div></div>	<div></div> <div>CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)</div> <div></div>	<div></div> <div>REST OR OFF-DAY STRETCH</div> <div></div>
	1 ROUND FIT TEST = AGILITY: THE AUDITION, 4X POWER JUMPS, 2X BURPEE INTO X JUMP.					(# OF ROUNDS) <div></div>	
WEEK 3	<div></div> <div>X TRAINER</div> <div></div>	<div></div> <div>UPPER ELITE</div> <div></div>	<div></div> <div>POWER LEGS AB SHREDDER</div> <div></div>	<div></div> <div>BACK & 6-PACK PURE CONTACT*</div> <div></div>	<div></div> <div>OFF-DAY STRETCH</div> <div></div>	<div></div> <div>CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)</div> <div></div>	<div></div> <div>REST OR OFF-DAY STRETCH</div> <div></div>
	1 ROUND FIT TEST = AGILITY: THE AUDITION, 4X POWER JUMPS, 2X BURPEE INTO X JUMP.					(# OF ROUNDS) <div></div>	
WEEK 4	<div></div> <div>X TRAINER</div> <div></div>	<div></div> <div>UPPER ELITE</div> <div></div>	<div></div> <div>POWER LEGS AB SHREDDER</div> <div></div>	<div></div> <div>BACK & 6-PACK PURE CONTACT*</div> <div></div>	<div></div> <div>OFF-DAY STRETCH</div> <div></div>	<div></div> <div>CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)</div> <div></div>	<div></div> <div>REST OR OFF-DAY STRETCH</div> <div></div>
	1 ROUND FIT TEST = AGILITY: THE AUDITION, 4X POWER JUMPS, 2X BURPEE INTO X JUMP.					(# OF ROUNDS) <div></div>	

CHECK OUT THE VOLUME 1/VOLUME 2 HYBRID CALENDAR ON THE OTHER SIDE.

INSANITY: THE ASYLUM VOL. 2 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.

© 2012 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the INSANITY, INSANITY: THE ASYLUM, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, go to Beachbody.com.

*Exclusive workout for Team Beachbody members. Go to TeamBeachbody.com to sign up and get your free workout! A2INS1102