

# INSANITY











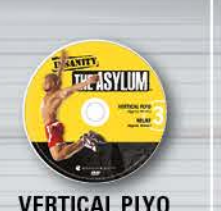










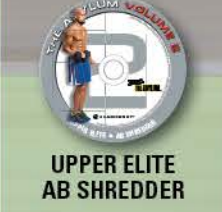








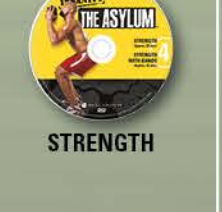




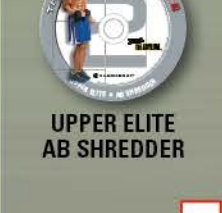

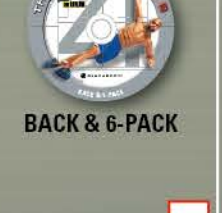

















# THE ASYLUM

## VOLUME 1 + 2

# ADVANCED HYBRID CALENDAR

TRY THIS ADVANCED WORKOUT ROTATION.

**NOTE:** THERE WON'T BE WEEKLY TESTING DURING THE HYBRID PROGRAMS, AS THEY FOLLOW A LONGER PERIODIZATIONAL SCHEDULE THAT WILL BREAK YOU DOWN AND BUILD YOU BACK UP. YOU'LL TEST DURING WEEK 1 AND WEEK 8 ONLY.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	 ATHLETIC PERFORMANCE ASSESSMENT (VOL. 1 FIT TEST) RELIEF	 X TRAINER	 STRENGTH	 SPEED & AGILITY	 OFF-DAY STRETCH	 CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)	 REST, RELIEF, OR OFF-DAY STRETCH
WEEK 2	 UPPER ELITE	 POWER LEGS	 BACK & 6-PACK	 VERTICAL PLYO	 OFF-DAY STRETCH	 SPEED & AGILITY AB SHREDDER	 REST, RELIEF, OR OFF-DAY STRETCH
WEEK 3	 UPPER ELITE	 POWER LEGS	 BACK & 6-PACK	 VERTICAL PLYO	 OFF-DAY STRETCH	 SPEED & AGILITY BACK TO CORE	 REST, RELIEF, OR OFF-DAY STRETCH
WEEK 4	 UPPER ELITE AB SHREDDER	 POWER LEGS	 BACK & 6-PACK	 VERTICAL PLYO OVERTIME	 OFF-DAY STRETCH	 SPEED & AGILITY BACK TO CORE	 REST, RELIEF, OR OFF-DAY STRETCH
WEEK 5	 GAME DAY	 AB SHREDDER RELIEF	 STRENGTH	 BACK TO CORE RELIEF	 OFF-DAY STRETCH	 CHAMPIONSHIP	 REST, RELIEF, OR OFF-DAY STRETCH
WEEK 6	 UPPER ELITE AB SHREDDER	 POWER LEGS PURE CONTACT*	 BACK & 6-PACK	 VERTICAL PLYO OVERTIME	 OFF-DAY STRETCH	 SPEED & AGILITY BACK TO CORE	 REST, RELIEF, OR OFF-DAY STRETCH
WEEK 7	 GAME DAY OVERTIME RELIEF	 AB SHREDDER RELIEF	 X TRAINER RELIEF	 SPEED & AGILITY PURE CONTACT* RELIEF	 OFF-DAY STRETCH	 CHAMPIONSHIP	 REST, RELIEF, OR OFF-DAY STRETCH
WEEK 8	 ATHLETIC PERFORMANCE ASSESSMENT (VOL. 1 FIT TEST) RELIEF	 X TRAINER RELIEF	 STRENGTH AB SHREDDER RELIEF	 SPEED & AGILITY PURE CONTACT* RELIEF	 OFF-DAY STRETCH	 CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)	RELAX AND PAT YOURSELF ON THE BACK. WELL DONE!