

INSANITY

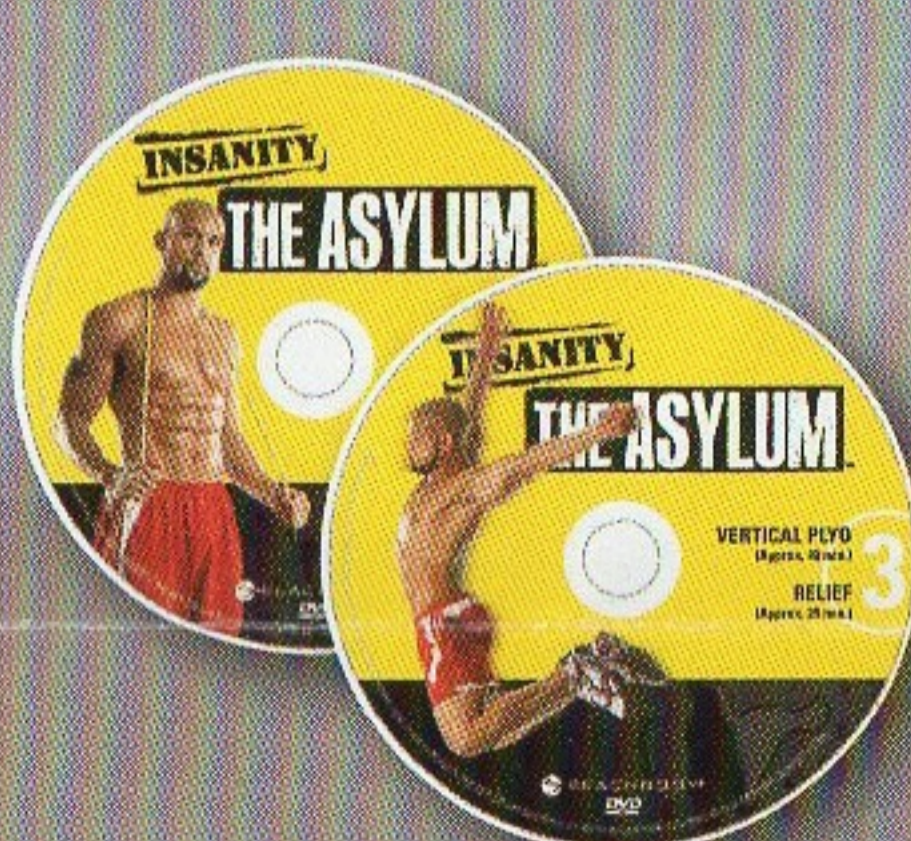
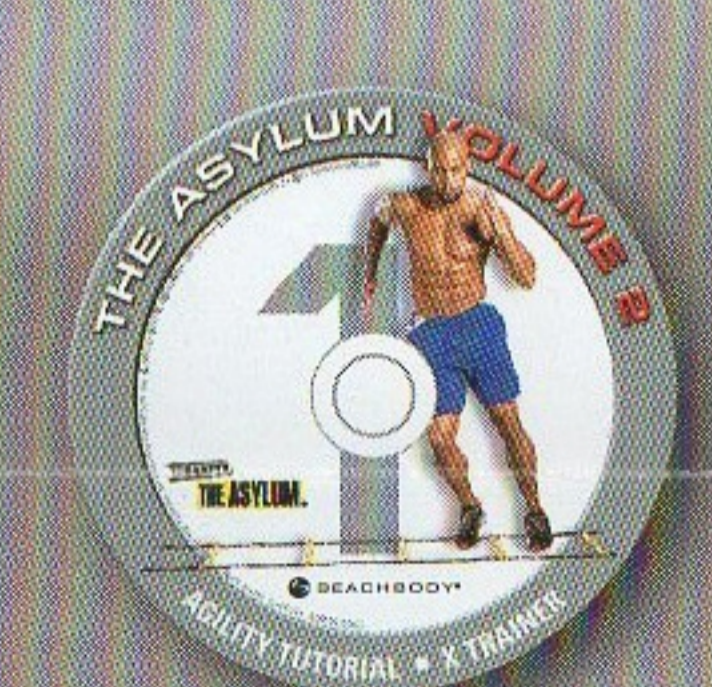
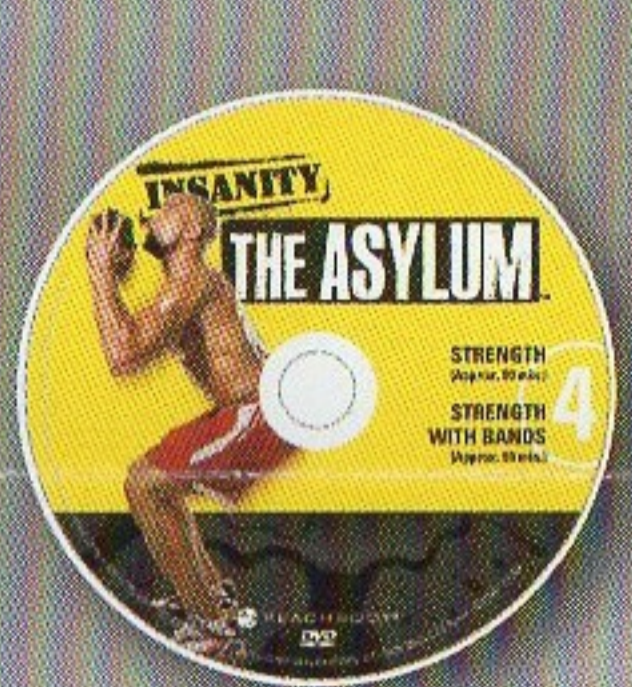
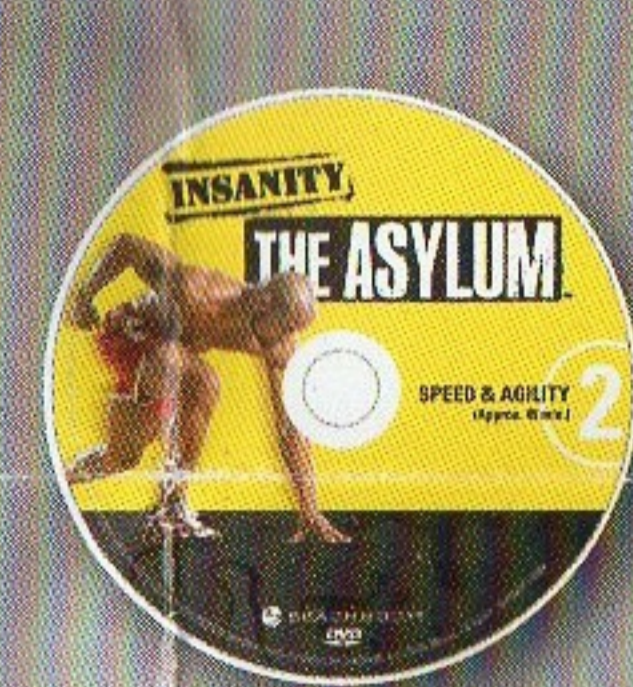
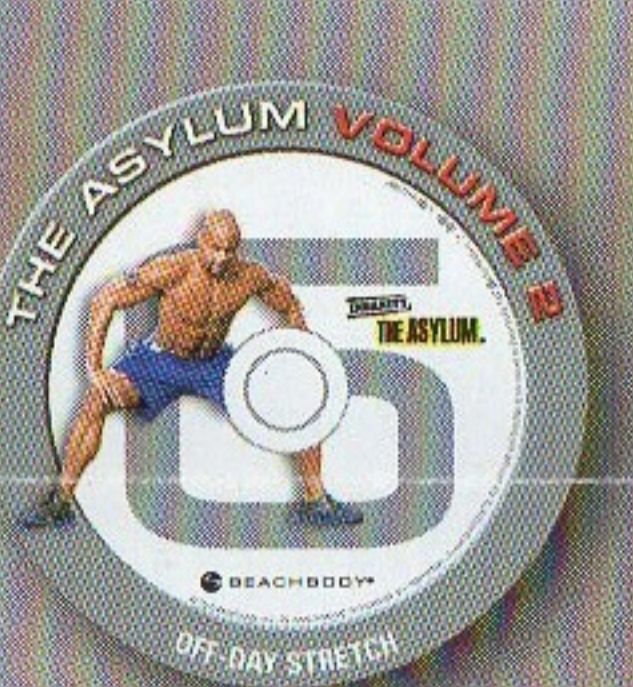
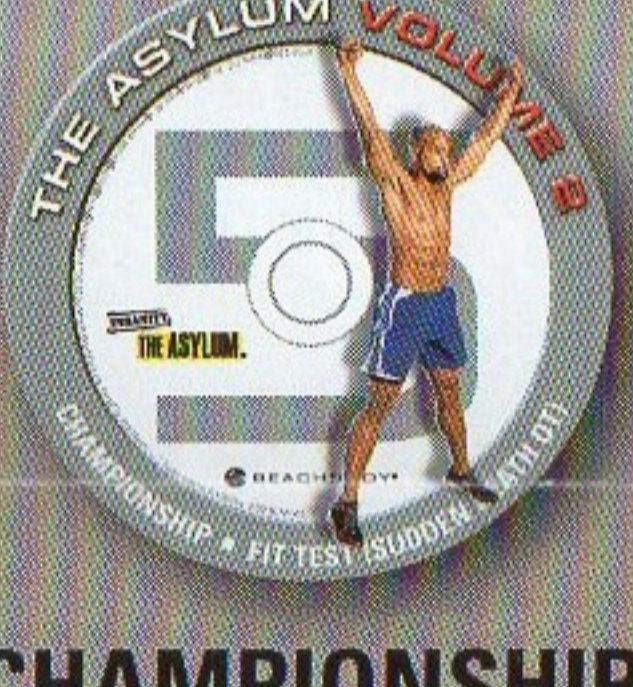
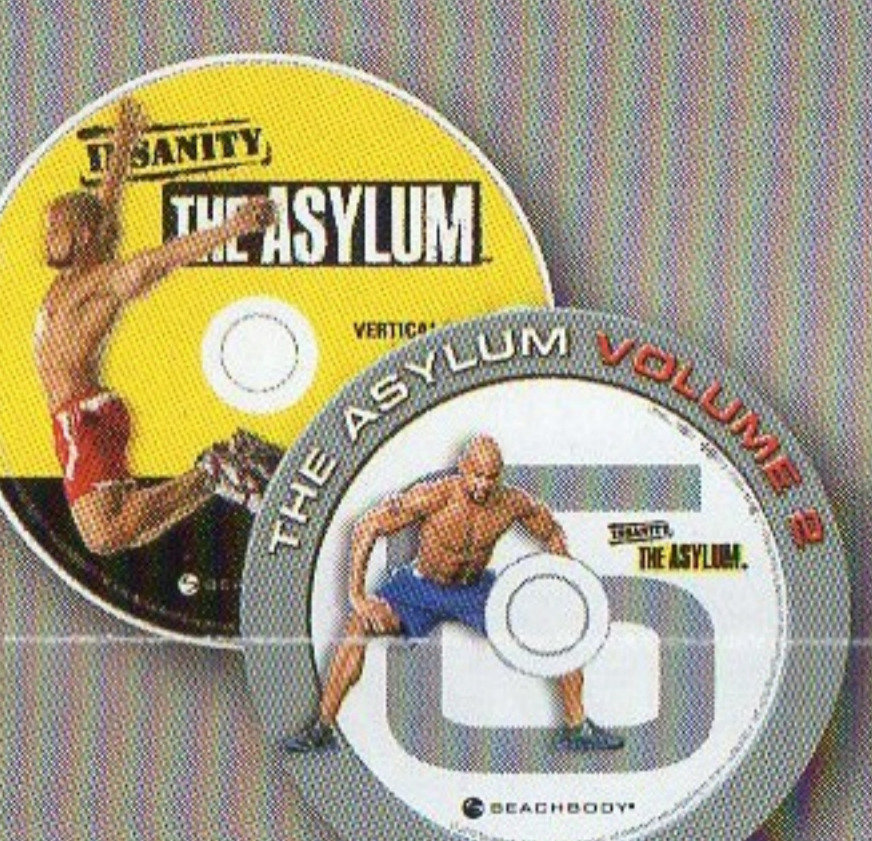
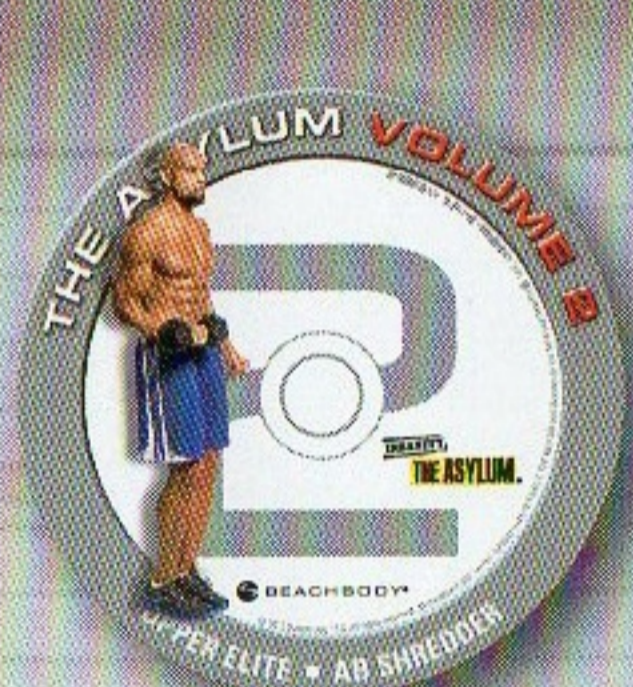
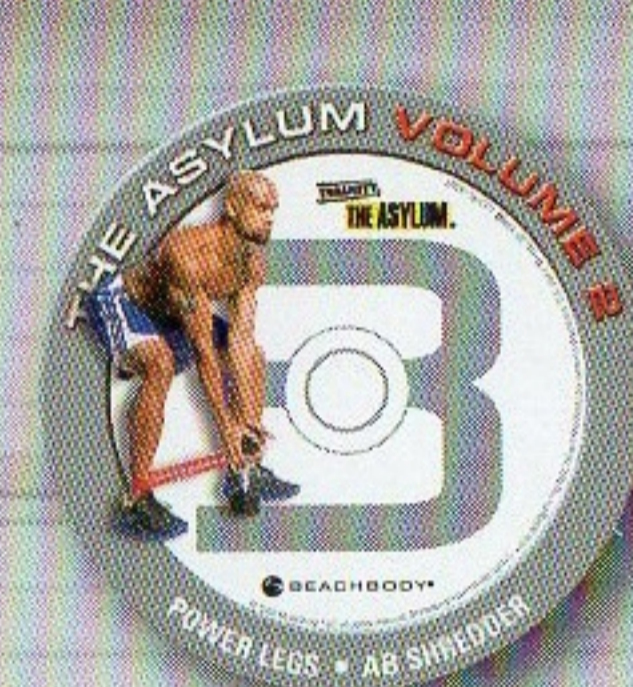
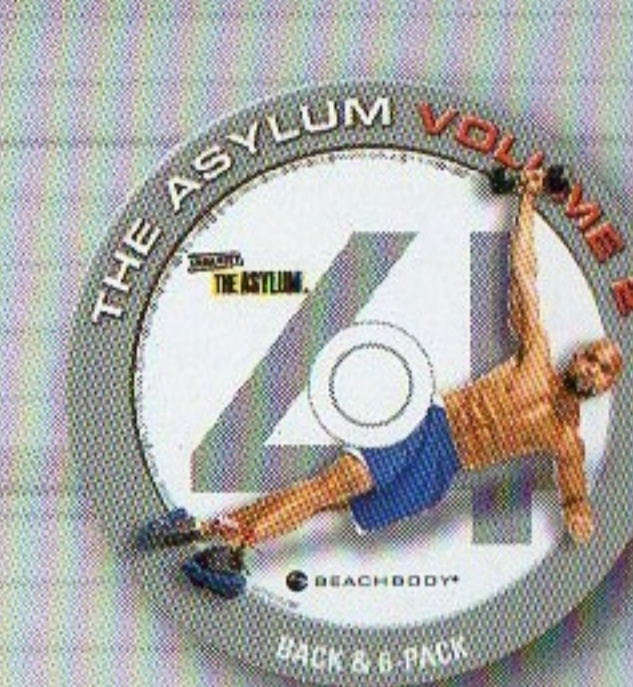
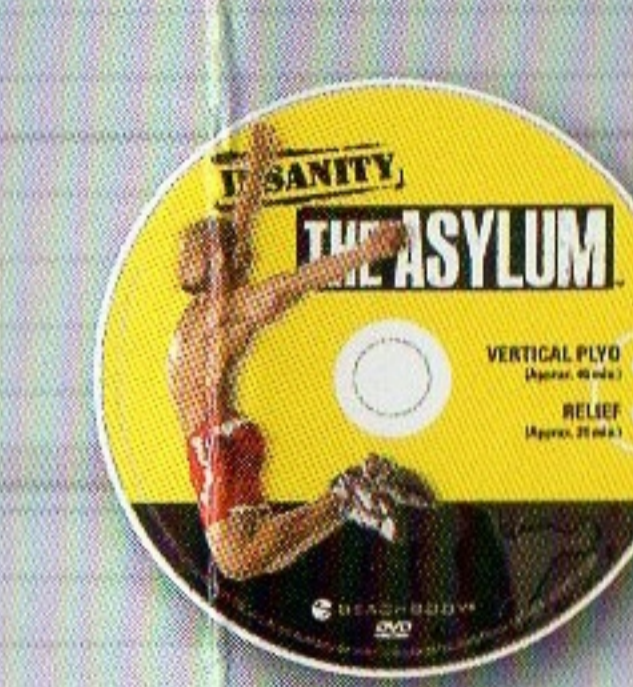
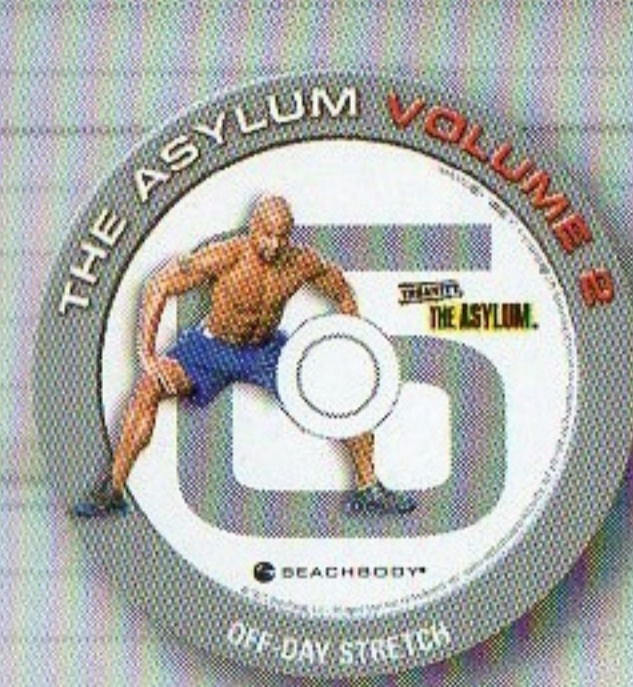
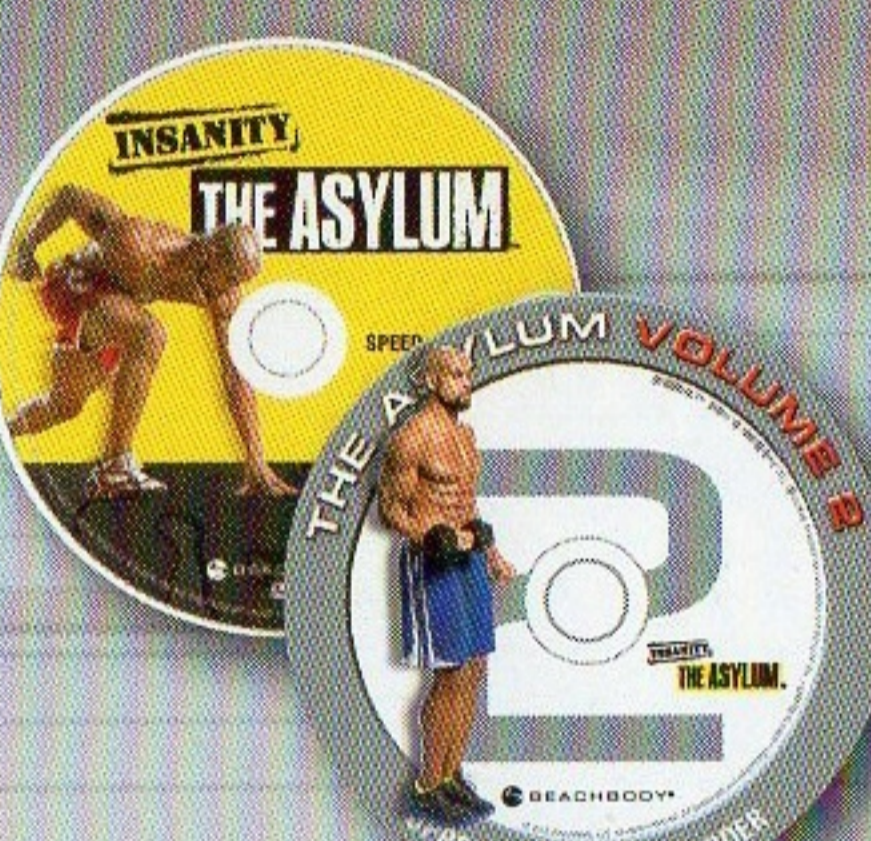
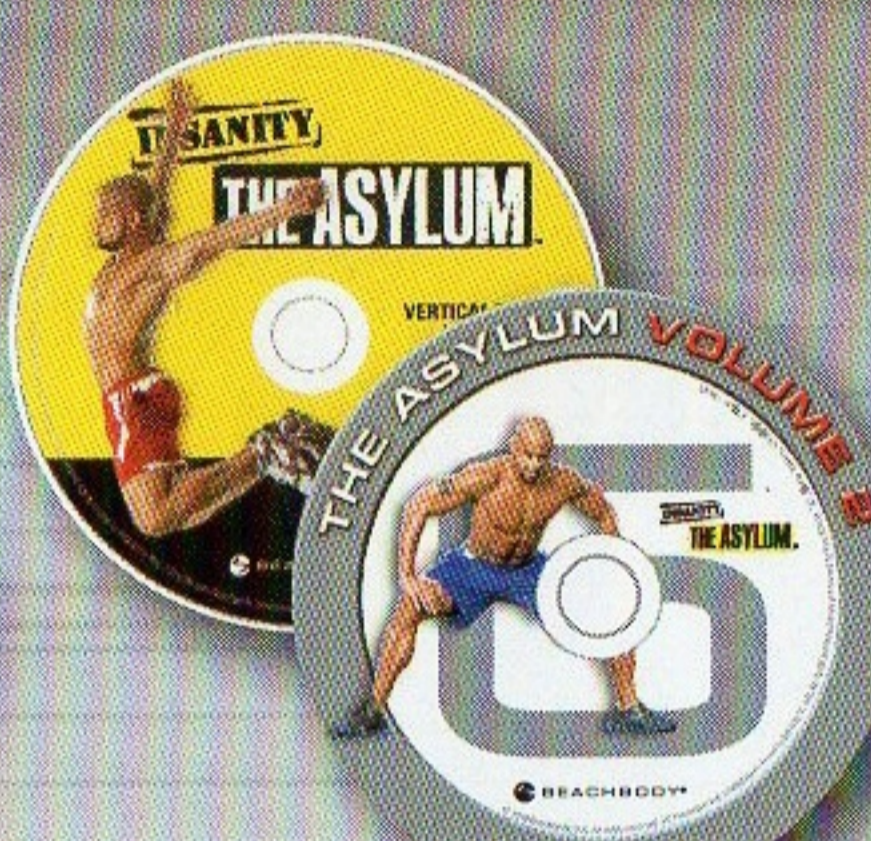
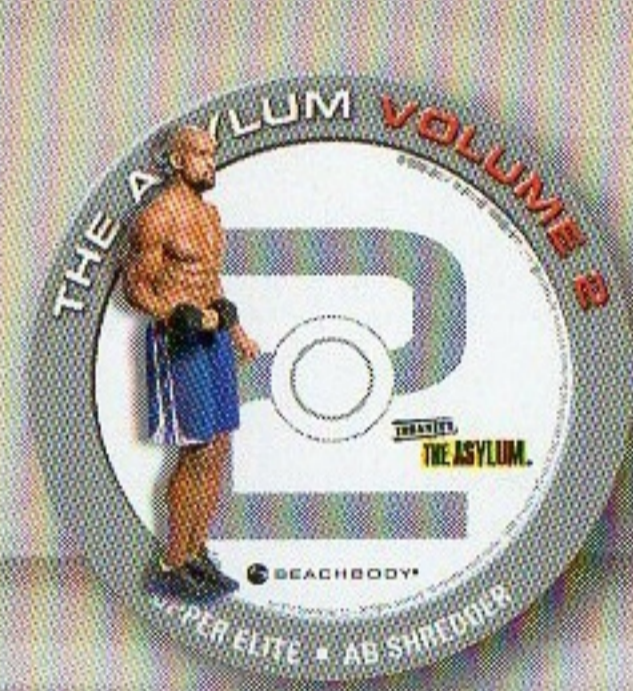



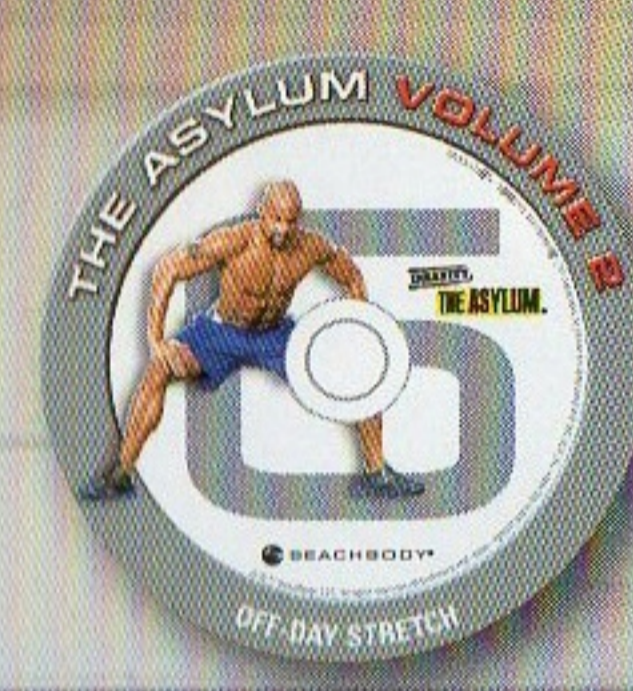
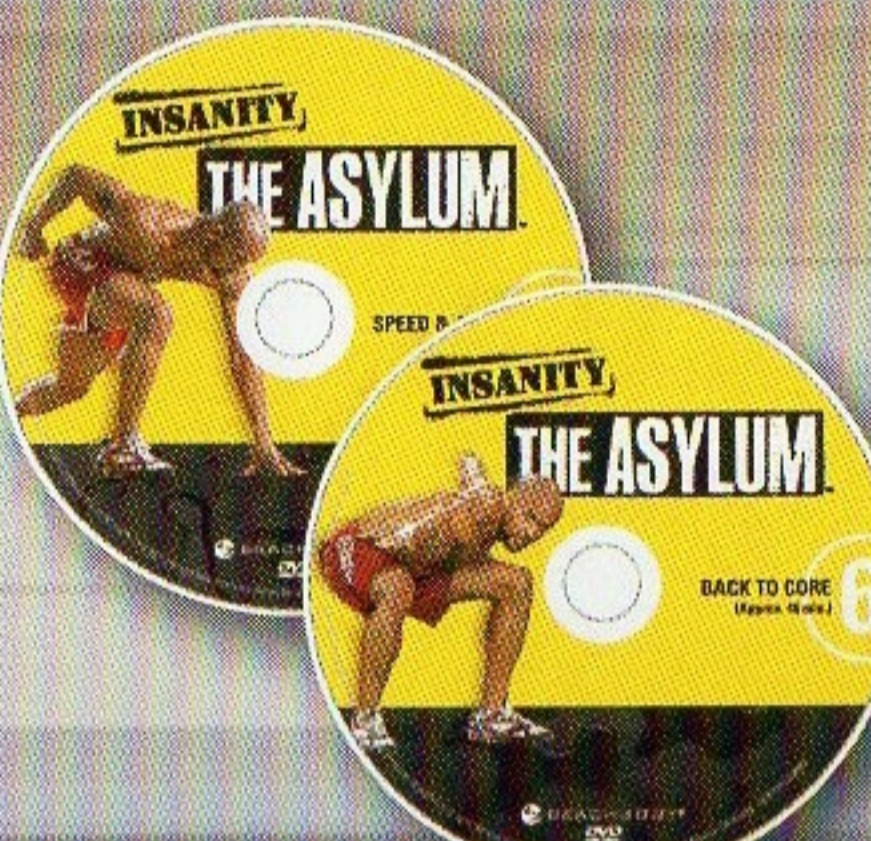
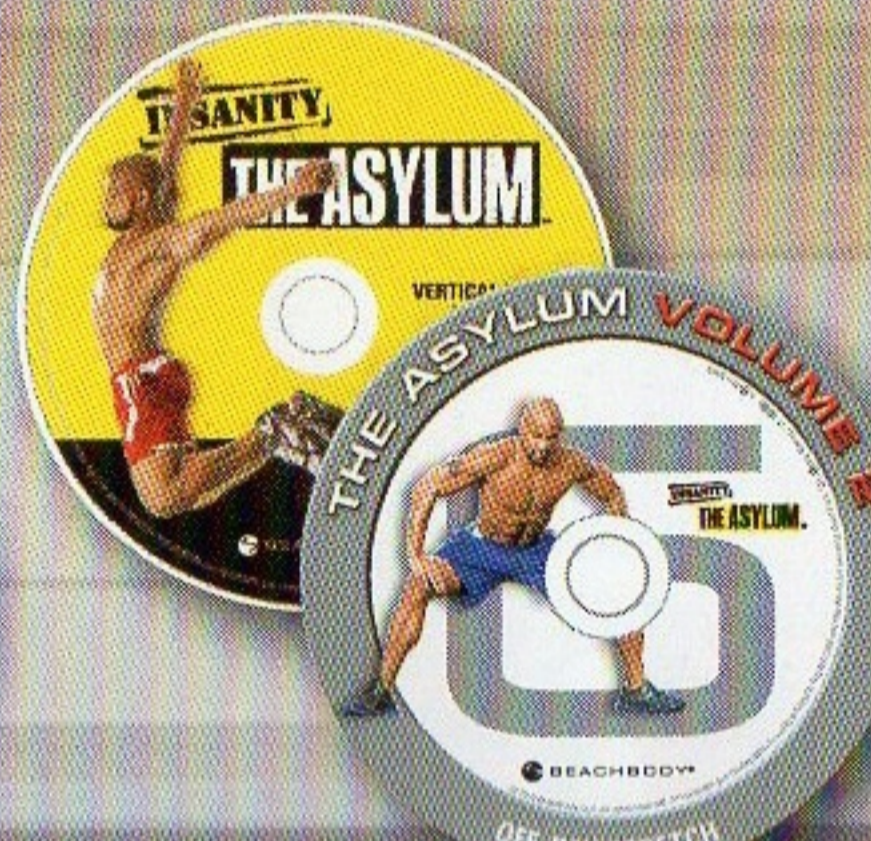

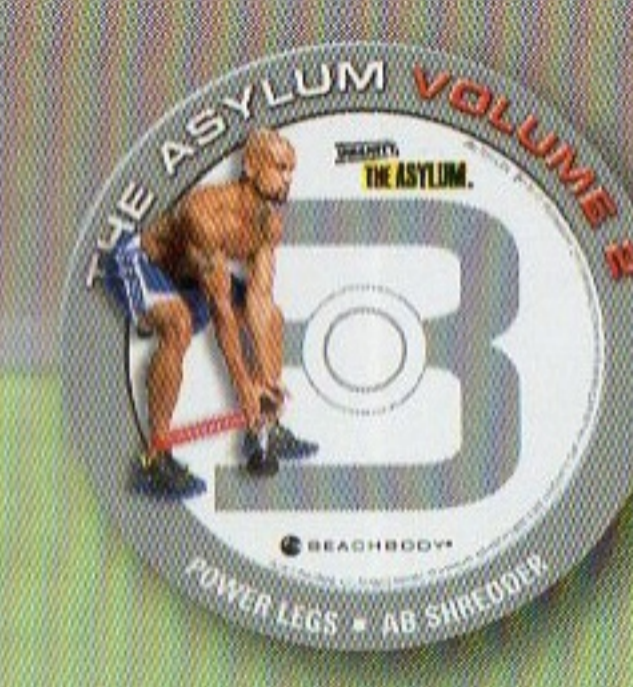
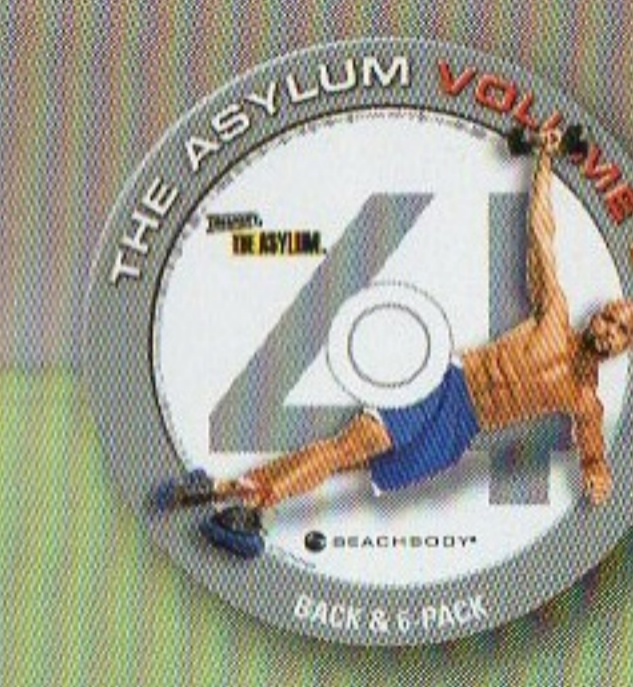
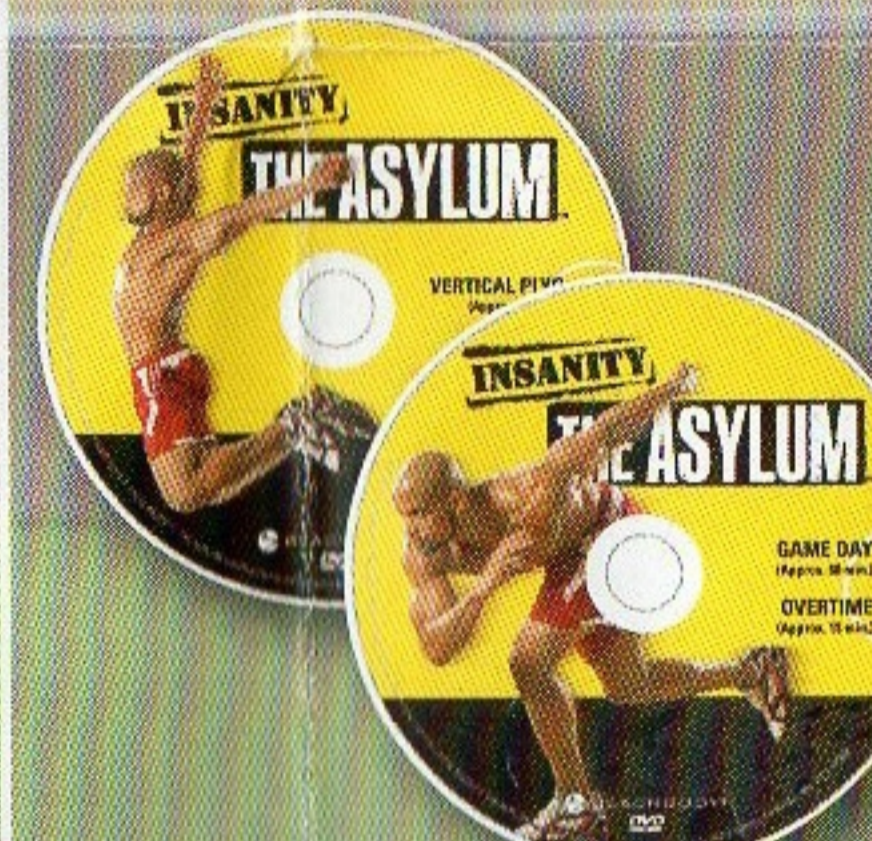
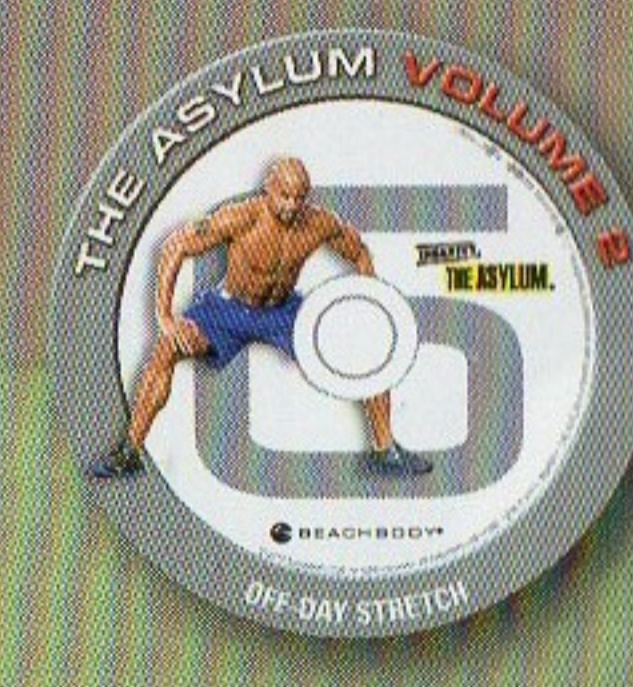
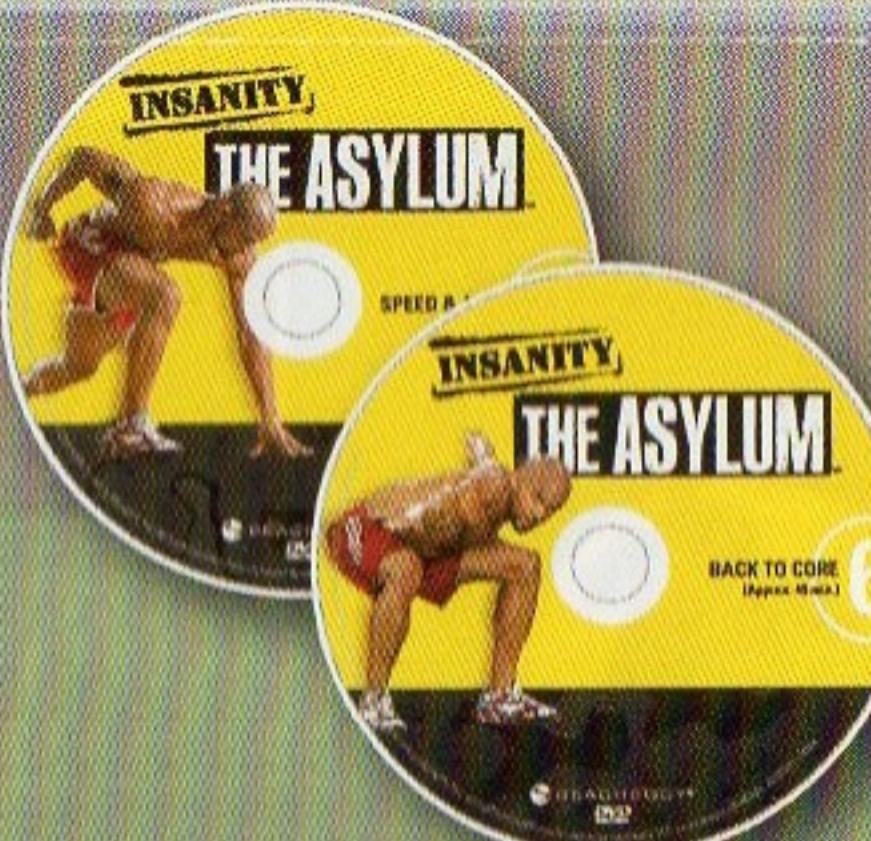
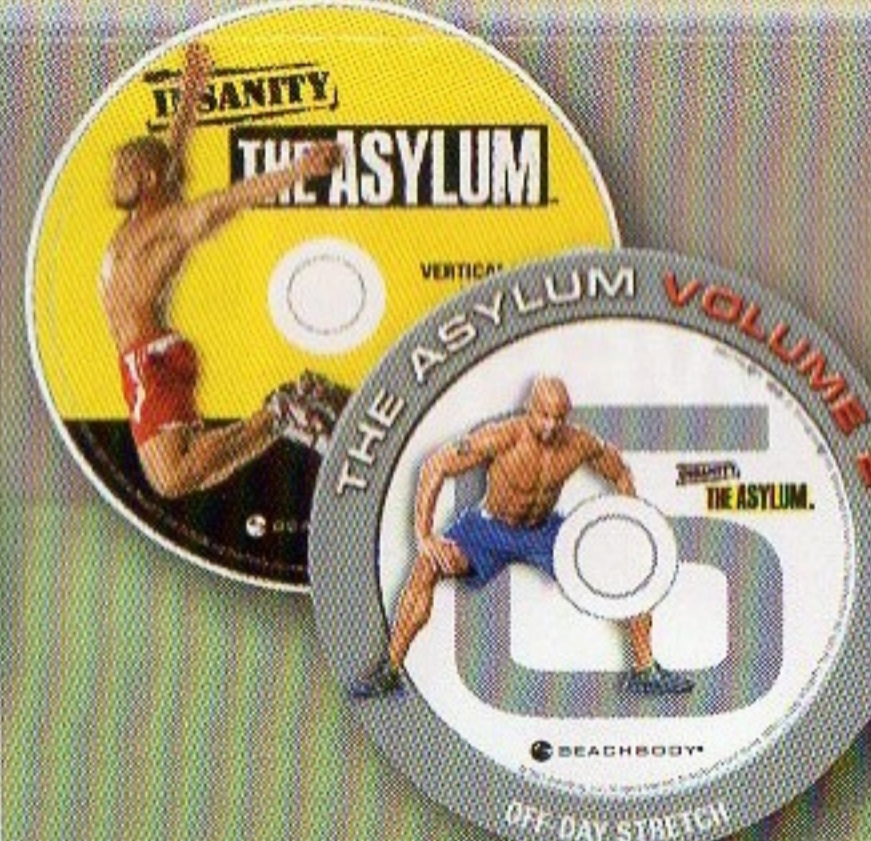
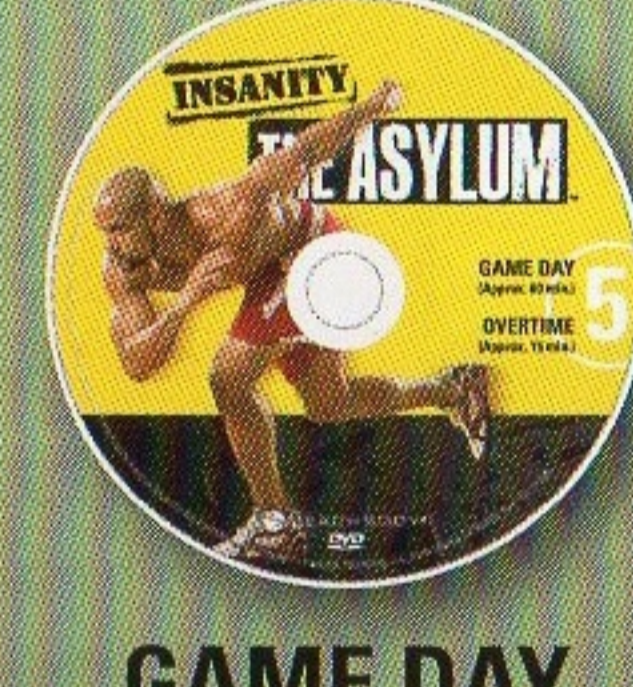
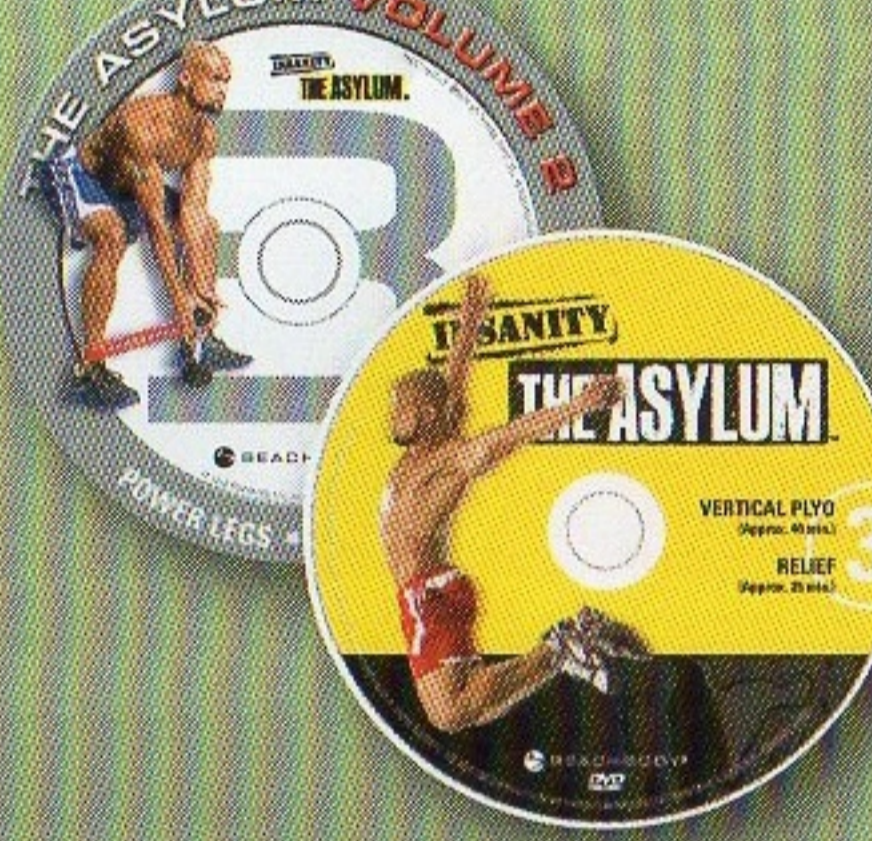
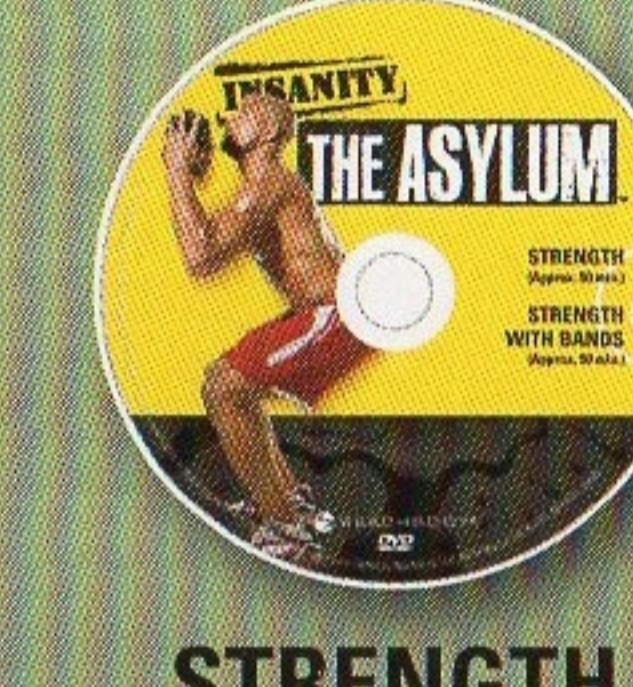
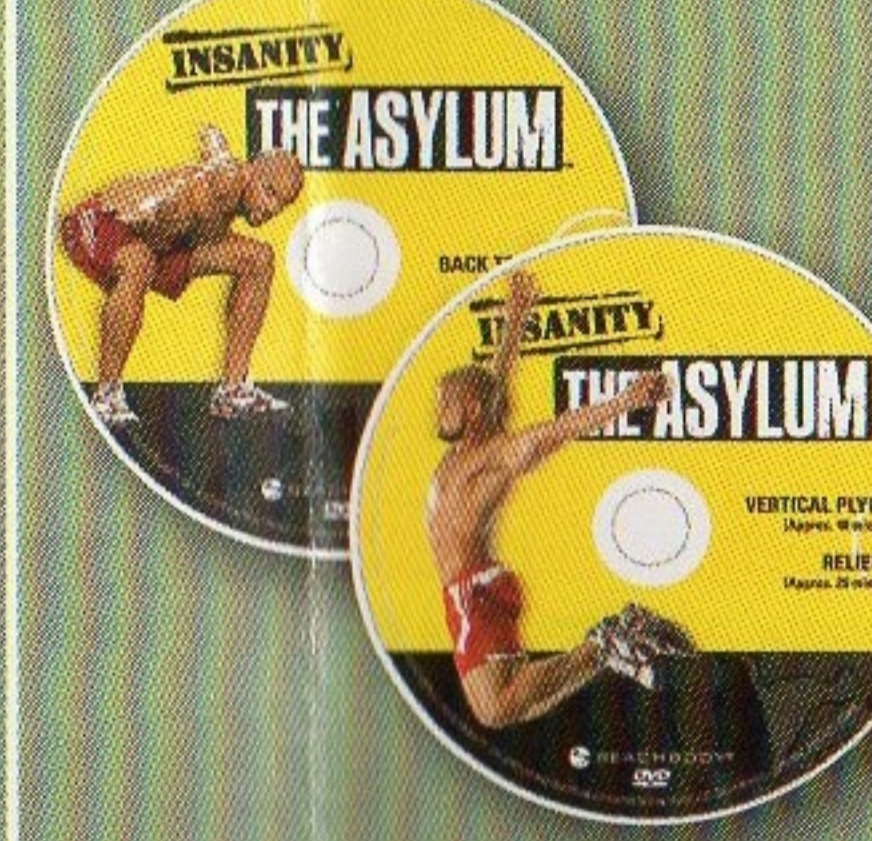
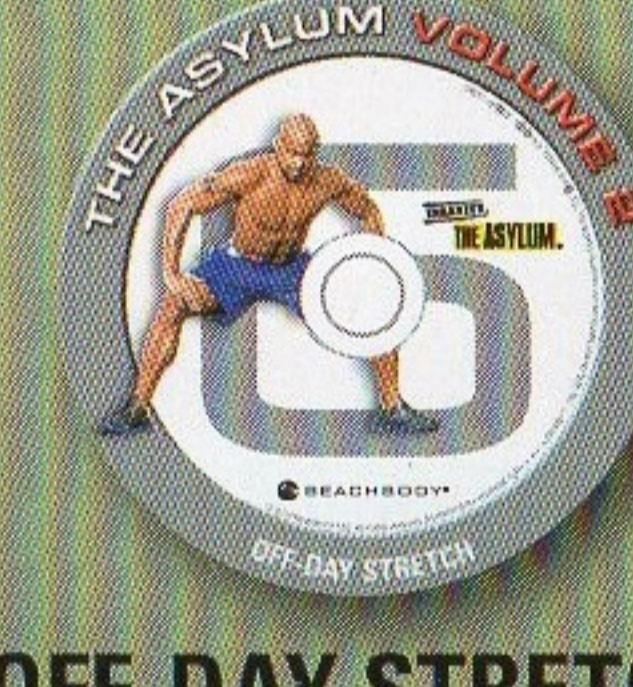
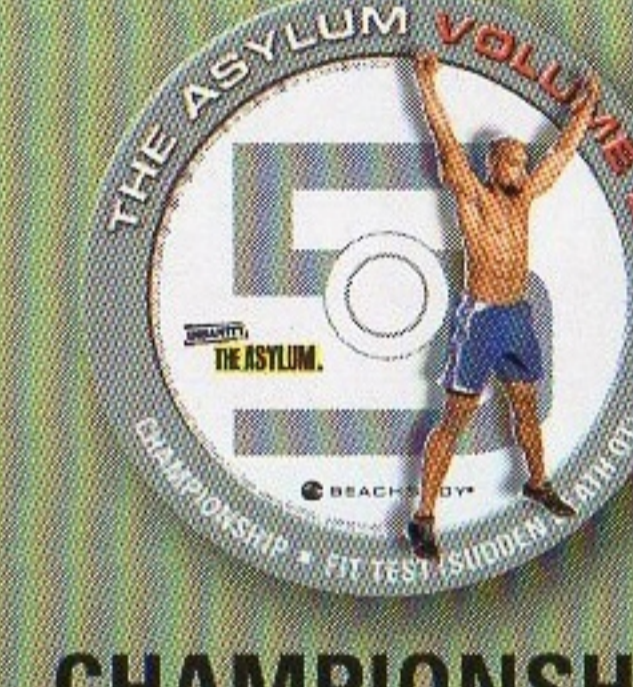
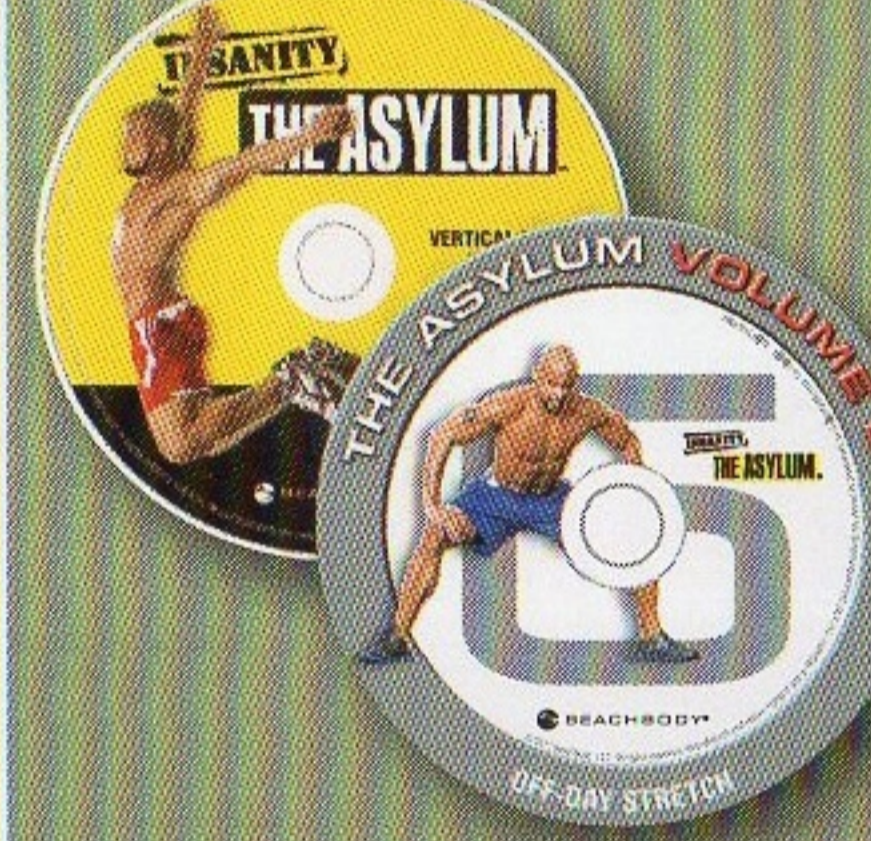
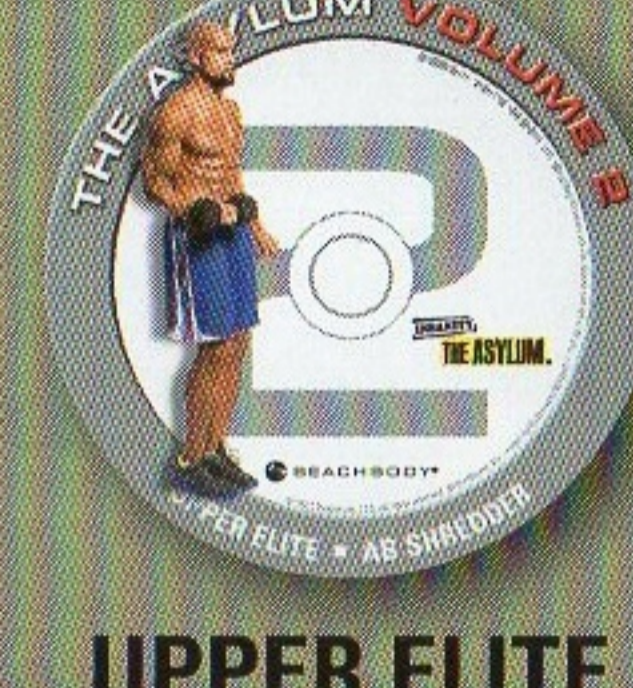
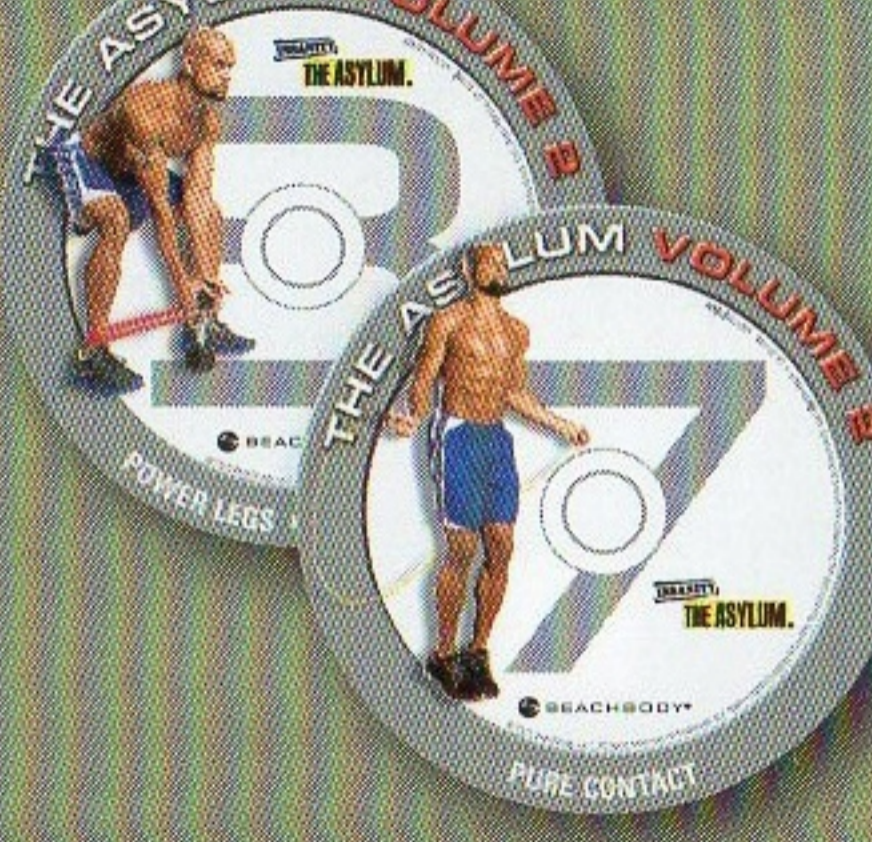
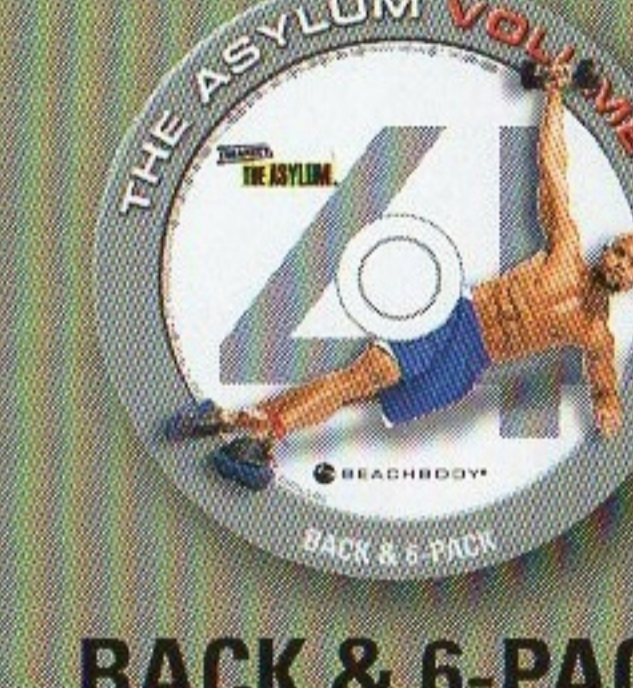
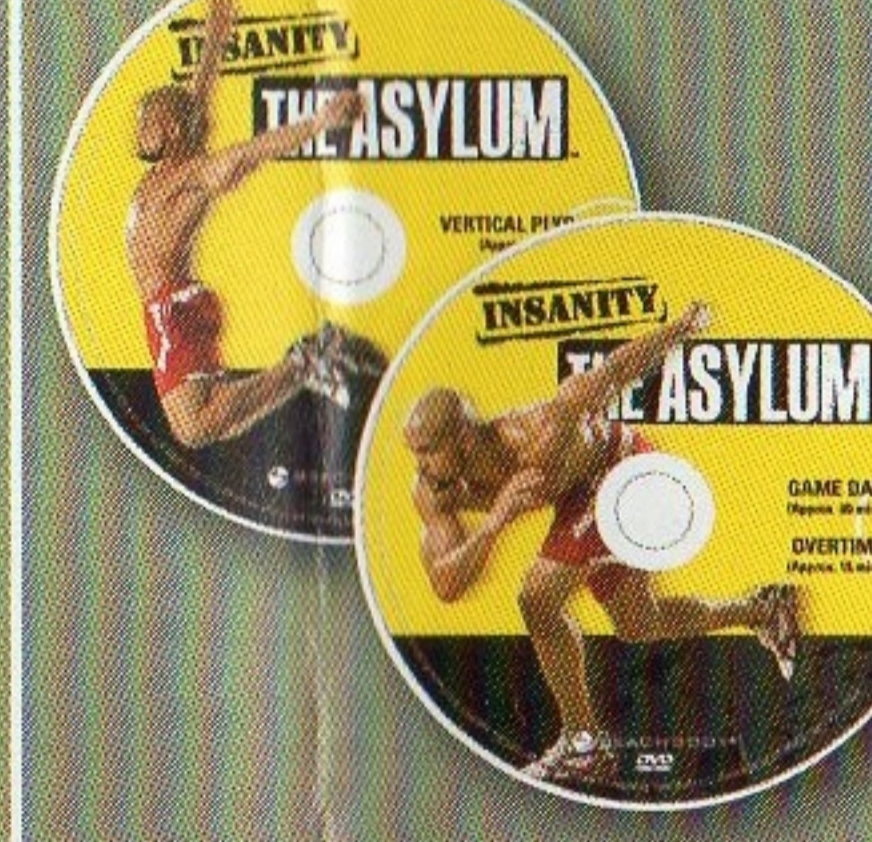
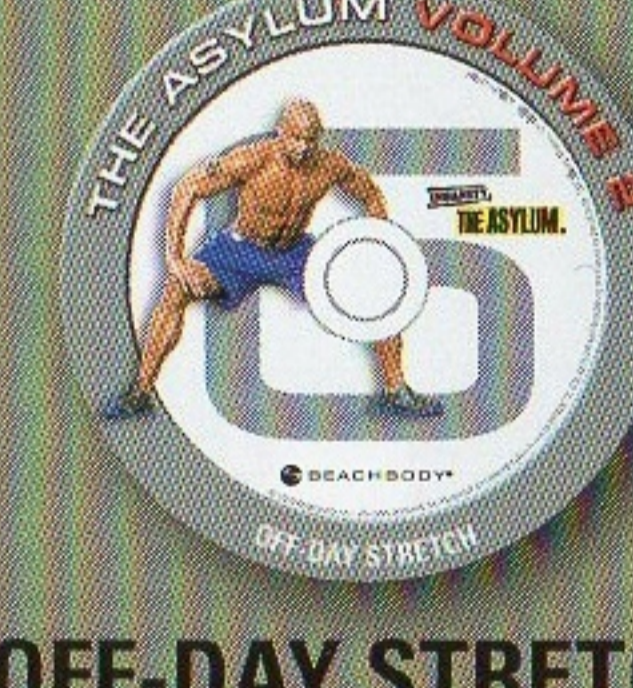
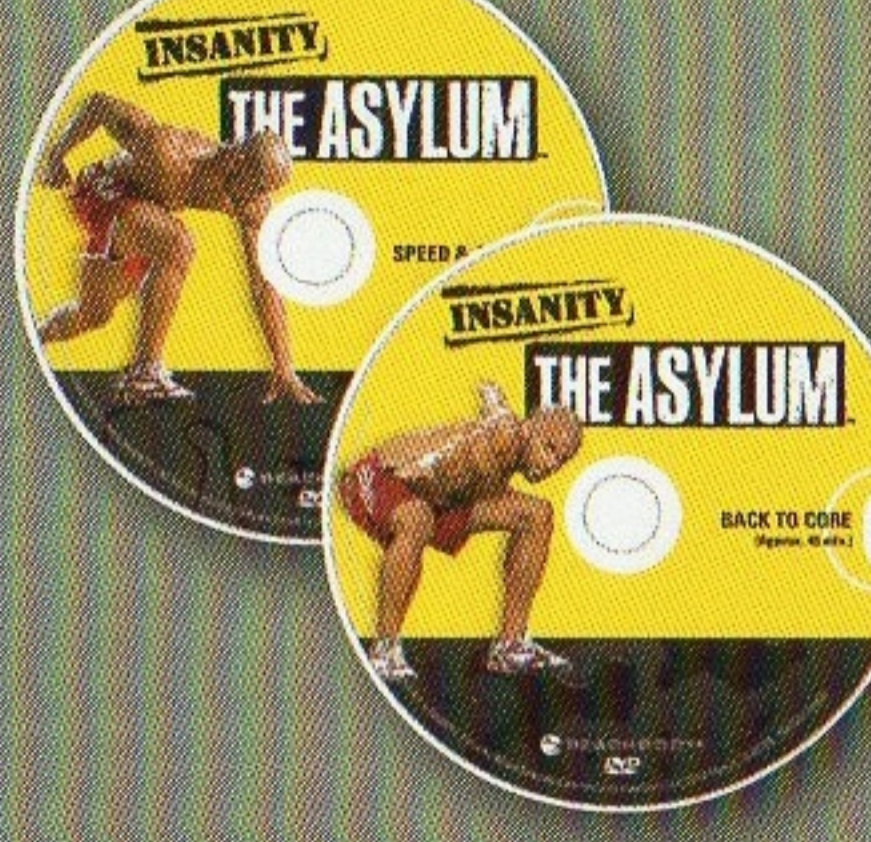
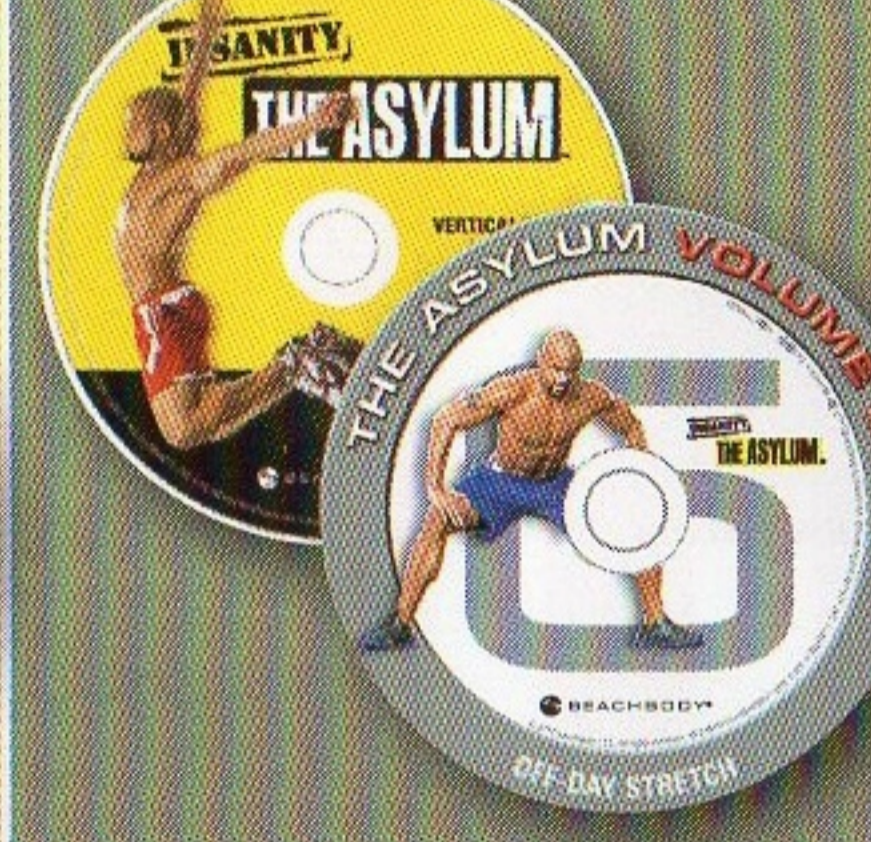
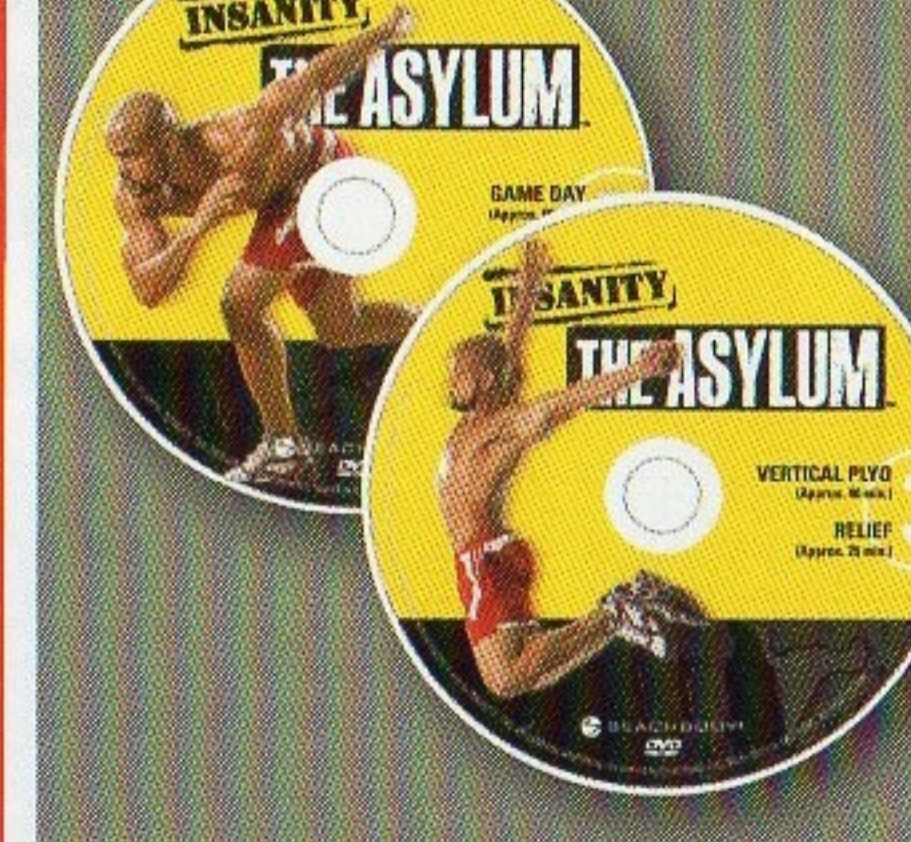
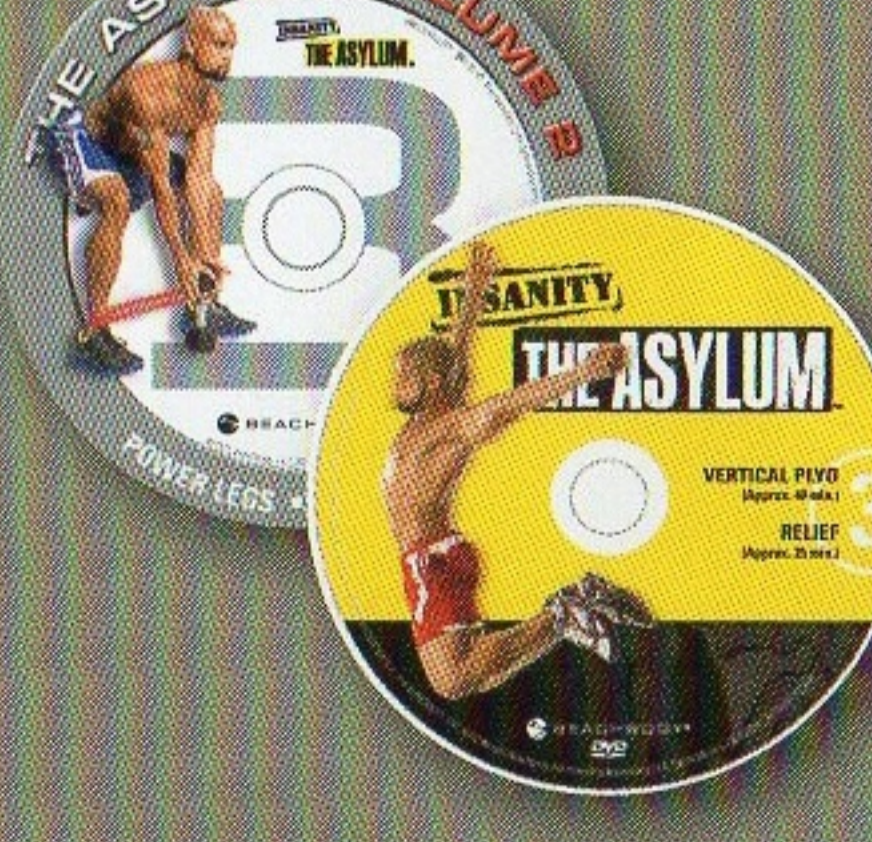
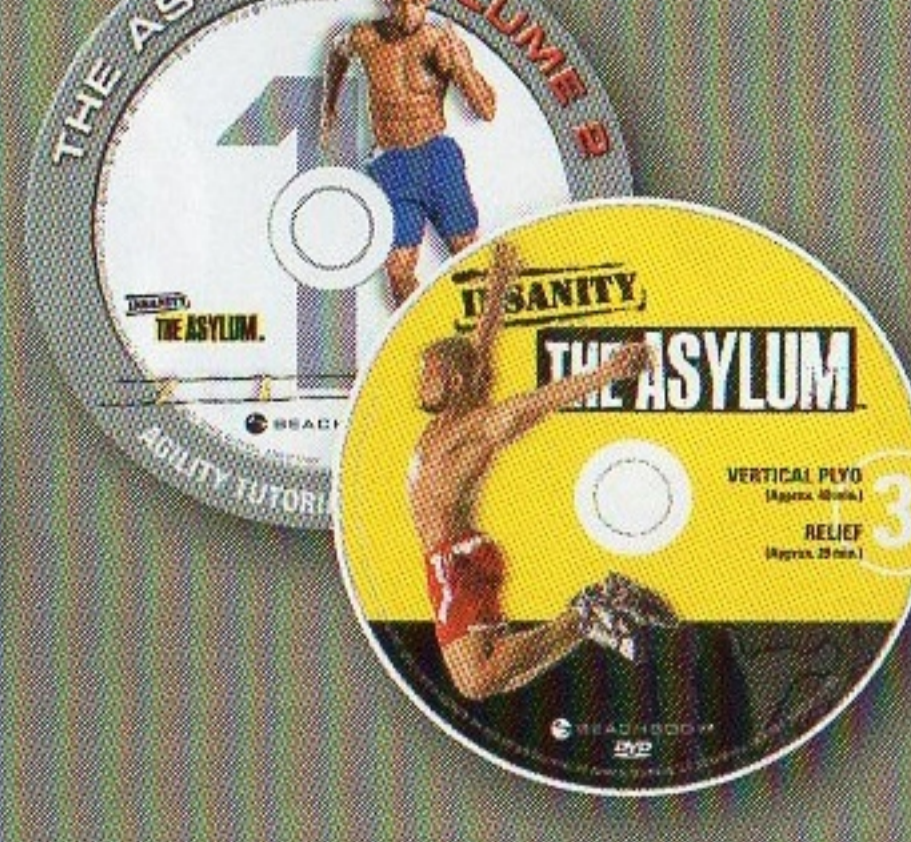
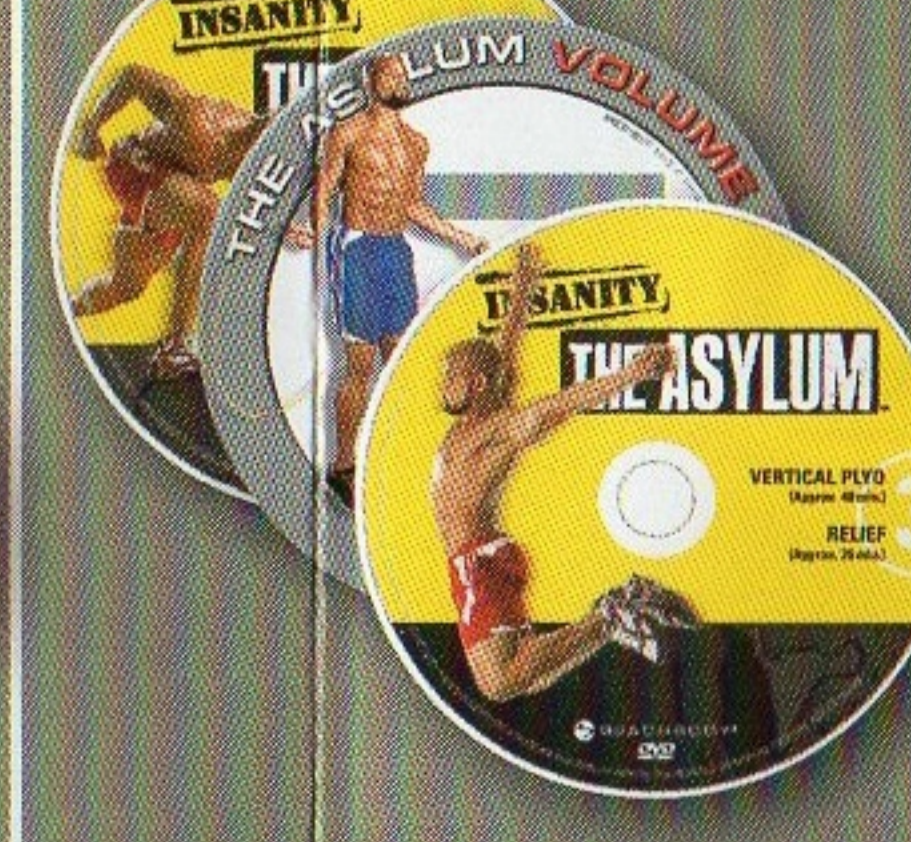
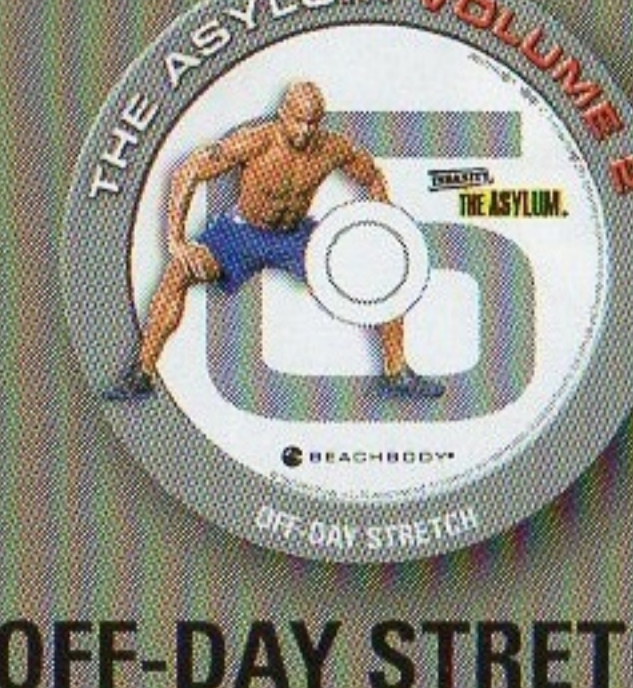
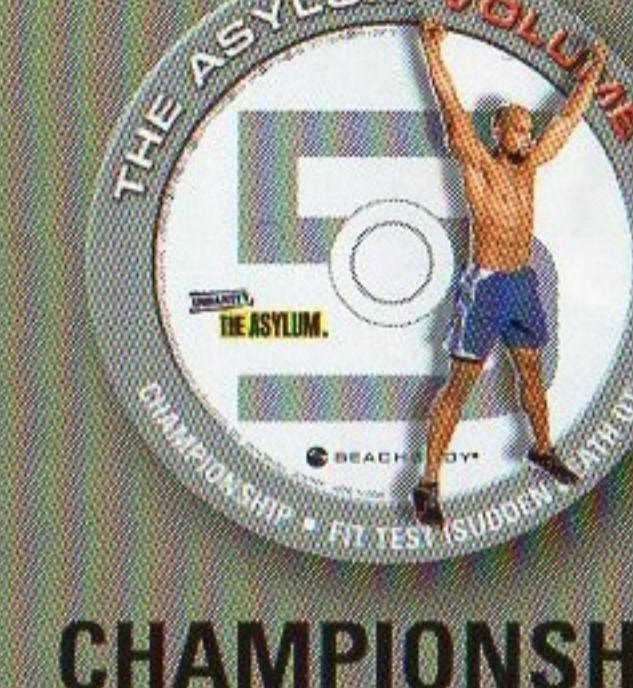
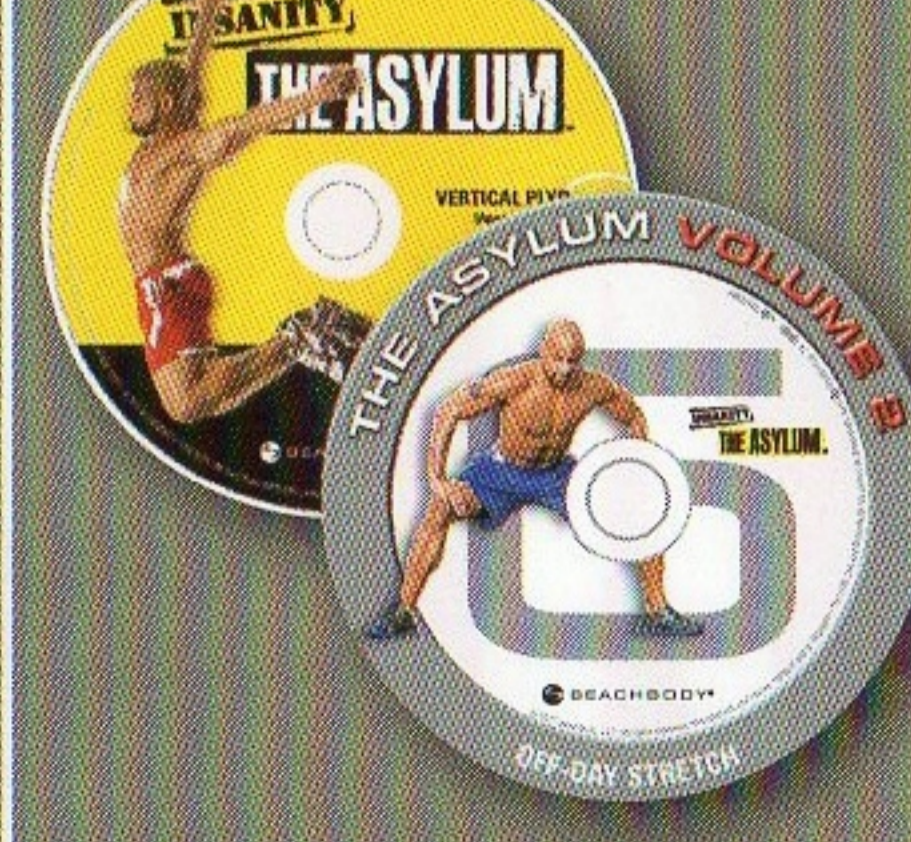
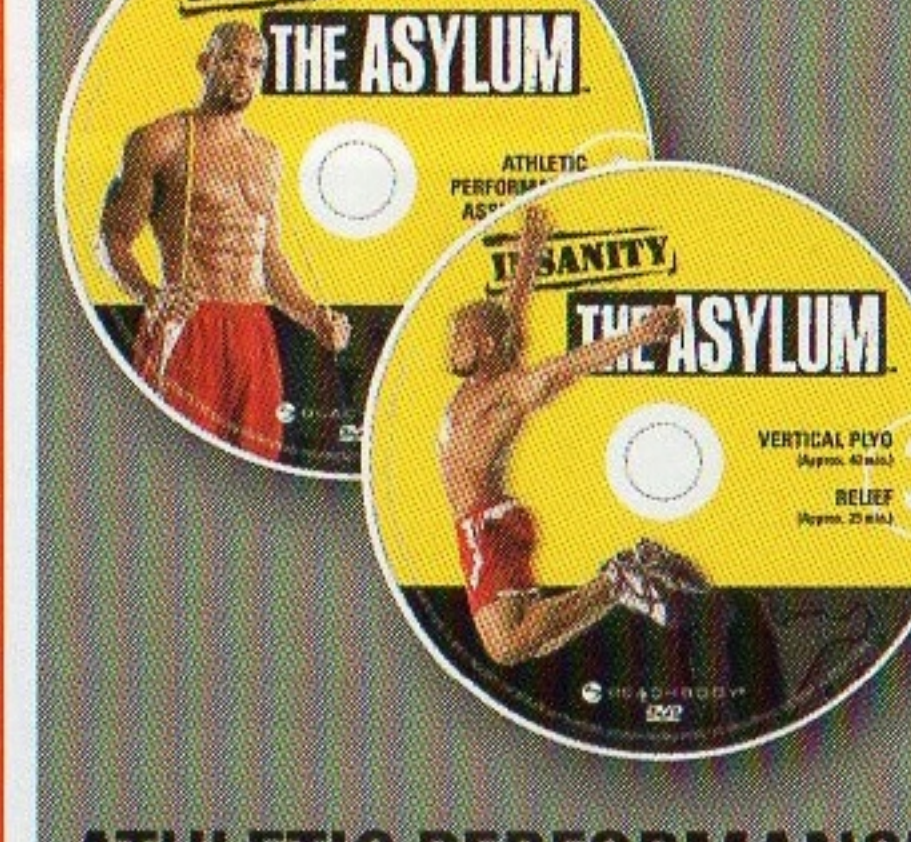
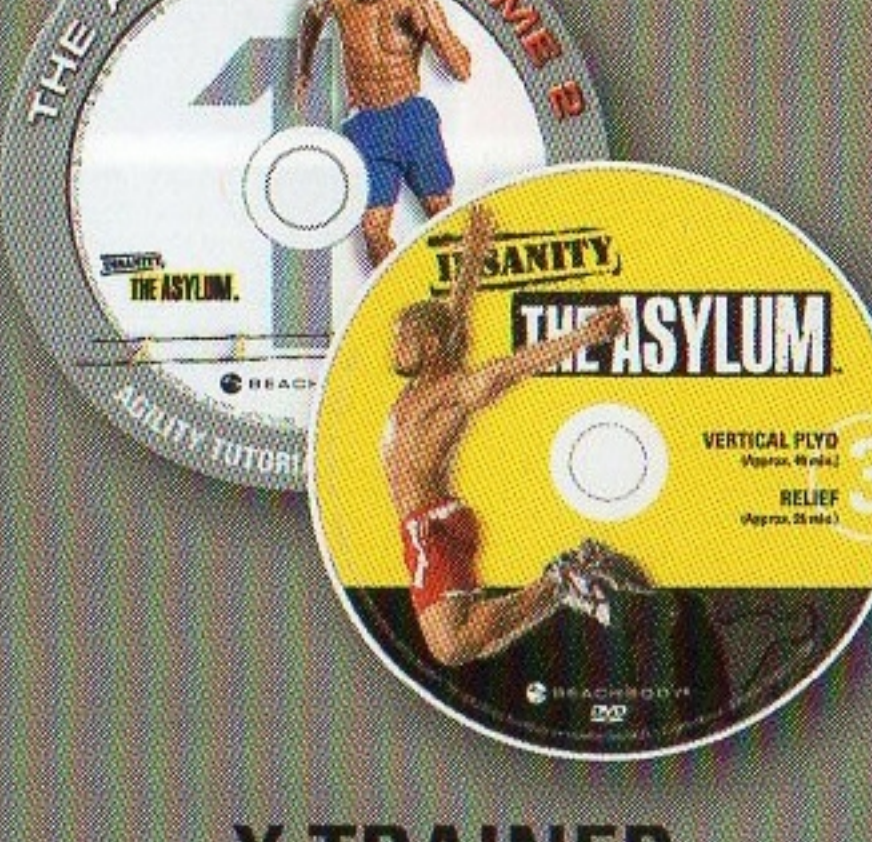
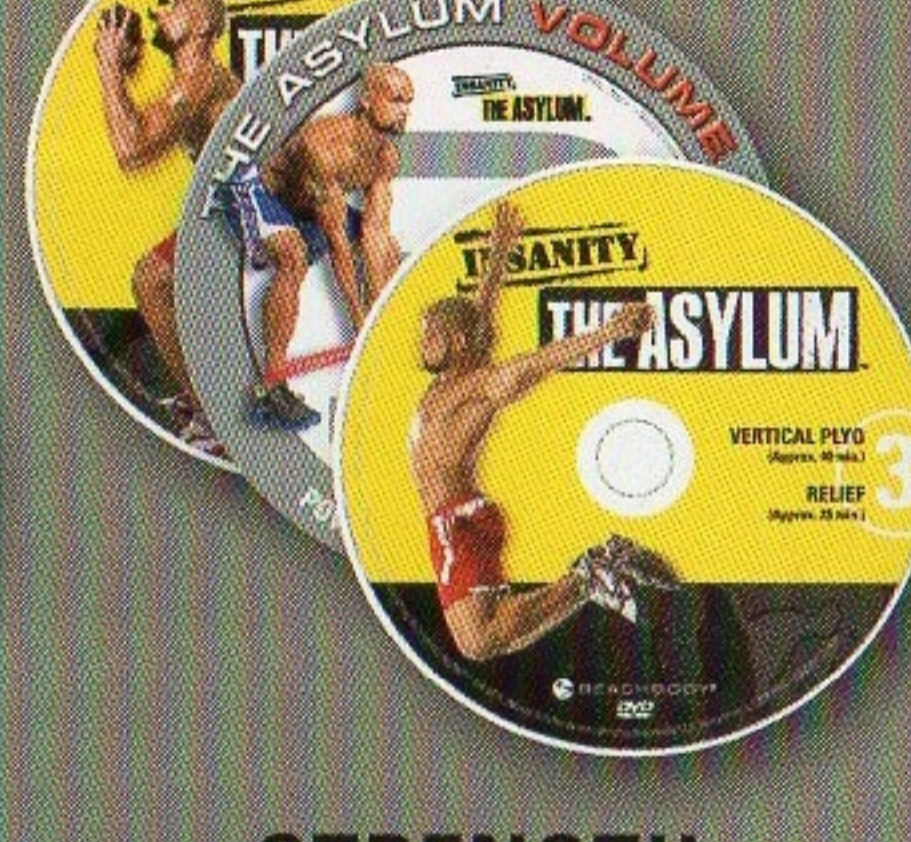
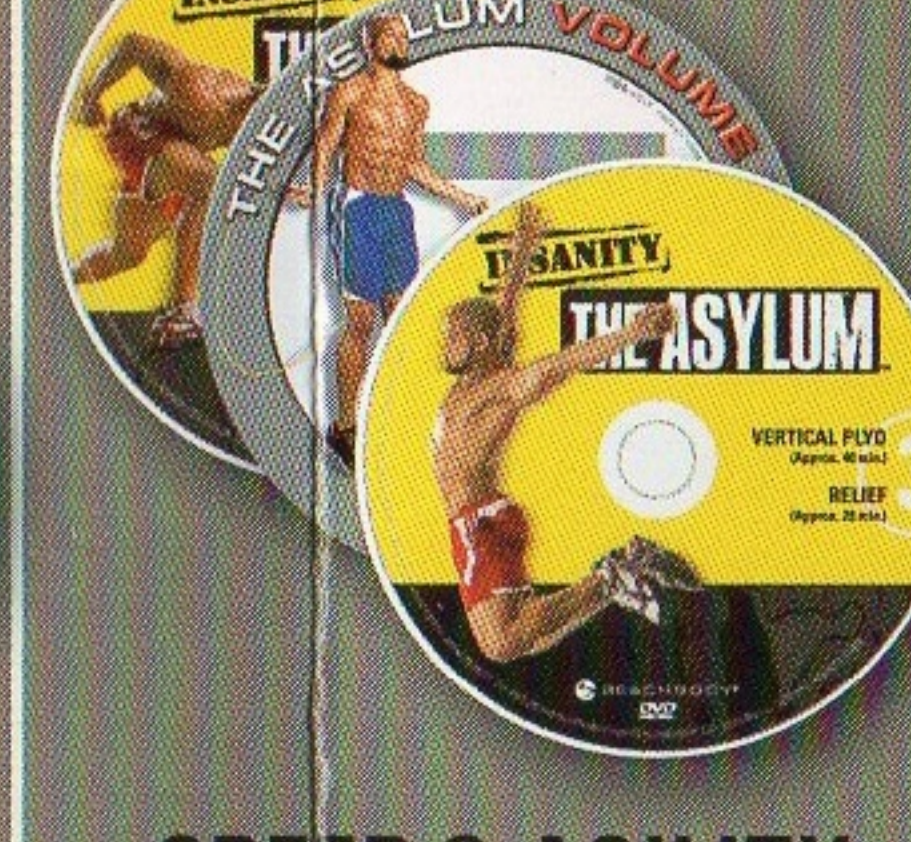
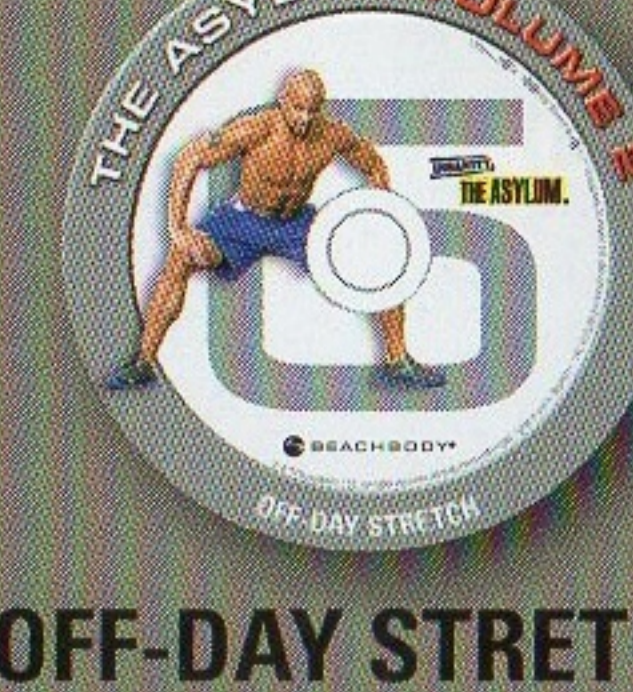
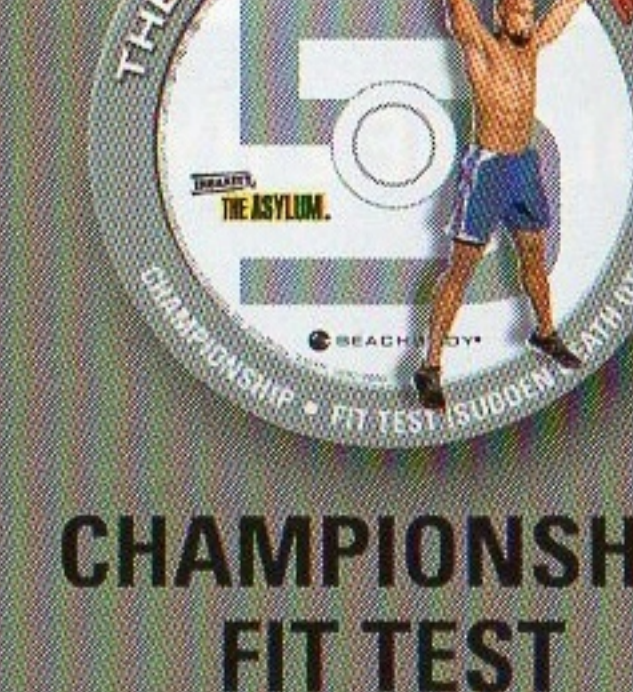
THE ASYLUM

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