



## ASYLUM/INSANITY\* WORKOUT SCHEDULE (30Days)

Day Zero – do the fit test/athletic performance assessment before beginning!

*\*This program is meant to be done after 30 days of the Asylum Workout Program! In other words, this is for Asylum “graduates”!*

Week 1	
Day	Workout
1	Strength Pure Cardio
2	Max Interval Plyo
3	Max Interval Circuit
4	Speed & Agility Cardio Abs
5	Vertical Plyo
6	Rest Day
7	Game Day Overtime

Week 2	
Day	Workout
1	Strength Pure Cardio
2	Plyometric Cardio Circuit
3	Cardio Power & Resistance Relief
4	Rest Day
5	Speed & Agility Cardio Abs
6	Max Cardio Conditioning
7	Max Recovery



Week 3	
Day	Workout
1	Back to Core Max Interval Plyo
2	Max Interval Circuit
3	Strength Max Interval Circuit
4	Relief
5	Game Day Overtime
6	Strength Cardio Abs
7	Rest Day

Week 4	
Day	Workout
1	Vertical Plyo Back to Core
2	Relief Max Interval Circuit
3	Speed & Agility
4	Strength
5	Game Day Overtime (2X)
6	Relief Speed & Agility
7	Pure Cardio Back to Core

Week 5	
Day	Workout
1	Max Recovery
2	Fit Test (Athletic Performance Assessment)