

START DATE: _____

FINISH DATE: _____

INSANITY: THE ASYLUM



THE EXERCISE MOVEMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	SPEED & AGILITY	STRENGTH	BACK TO CORE	VERTICAL PLYO	REST DAY	SPEED & AGILITY	STRENGTH
WEEK 2	BACK TO CORE	VERTICAL PLYO	RELIEF	GAMEDAY	BACK TO CORE	STRENGTH	RELIEF
WEEK 3	SPEED & AGILITY	VERTICAL PLYO	STRENGTH	RELIEF	GAMEDAY OVERTIME	VERTICAL PLYO	BACK TO CORE
WEEK 4	REST DAY	SPEED & AGILITY	STRENGTH	GAMEDAY OVERTIME	VERTICAL PLYO	BACK TO CORE	RELIEF
WEEK 5	SPEED & AGILITY	ATHLETIC PERFORMANCE ASSESSMENT					

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