

INSANITY

THE ASYLUM
VOLUME 2

Asylum 1 & 2 Hybrid

GF2 revolution

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Athletic Performance Test + Relief	X-Trainer	Strength	Speed & Agility	<i>Off-Day Stretch</i>	Championship & Sudden Death OT Rounds__	Rest, Relief or Off-Day Stretch
2	Upper Elite	Power Legs	Back & 6-Pack	Vertical Plyo	<i>Off-Day Stretch</i>	Speed & Agility, Ab Shredder	Rest, Relief or Off-Day Stretch
3	Upper Elite	Power Legs	Back & 6-Pack	Vertical Plyo	<i>Off-Day Stretch</i>	Speed & Agility, Back To Core	Rest, Relief or Off-Day Stretch
4	Upper Elite, Ab Shredder	Power Legs	Back & 6-Pack	Vertical Plyo, OverTime	<i>Off-Day Stretch</i>	Speed & Agility, Back To Core	Rest, Relief or Off-Day Stretch

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5	Game Day	Ab Shredder, Relief	Strength	Back To Core	<i>Off-Day Stretch</i>	Championship	Rest, Relief or Off-Day Stretch
6	Upper Elite, Ab Shredder	Power Legs, Pure Contact	Back & 6-Pack	Vertical Plyo, OverTime	<i>Off-Day Stretch</i>	Speed & Agility, Back To Core	Rest, Relief or Off-Day Stretch
7	Game Day, OverTime	Ab Shredder, Relief	X-Trainer, Relief	Speed & Agility, Pure Contact, Relief	<i>Off-Day Stretch</i>	Championship	Rest, Relief or Off-Day Stretch
8	Athletic Performance Assessment, Relief	X-Trainer, Relief	Strength, Ab Shredder, Relief	Speed & Agility, Pure Contact, Relief	<i>Off-Day Stretch</i>	Championship & Sudden Death OT Rounds__	Congratulations