

**INSANITY**

# THE ASYLUM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Speed & Agility	Strength	Back To Core	Vertical Plyo	Rest Day	Speed & Agility
Strength	Back To Core	Vertical Plyo	Relief	Gameday	Back To Core	Strength
Relief	Speed & Agility	Vertical Plyo	Strength	Relief	Gameday Overtime	Vertical Plyo
Back To Core	Rest Day	Speed & Agility	Strength	Gameday Overtime	Vertical Plyo	Back To Core
Relief	Speed & Agility	Athletic Performance Assessment				

# Insanity Asylum Guide Playbook

**R Pring**



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