

THE ASYLUM

&

INSANITY

30 DAY CALENDAR

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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Strength / Pure Cardio	Max Interval Plyo	Max Interval Circuit	Speed & Agility / Cardio Abs	Vertical Plyo	Rest Day	Gamed Day / Overtime
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Strength / Pure Cardio	Plyo Cardio Circuit	Cardio Power / Relief	Rest Day	Speed & Agility / Cardio Abs	Max Cardio Conditioning	Max Recovery
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Back to Core / Max Interval Plyo	Max Interval Circuit	Strength / Max Interval Circuit	Relief	Game Day / Overtime	Strength / Cardio Abs	Rest Day
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Vertical Plyo / Back to Core	Relief / Max Interval Circuit	Speed & Agility	Strength	Game Day / Overtime (2x)	Relief / Speed & Agility	Pure Cardio / Back to Core
Day 29	Day 30					
Max Recovery	Fit Test					

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