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Insanity, Asylum Vol. 1, and Asylum Vol. 2 Hybrid Schedule							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	50 min Performance Assessment (Vol. 1 Ft Test), Relief	50 min X Trainer	50 min Strength	45 min Speed & Agility	30 min Off-Day Stretch	85 min Championship, Ft Test (Sudden Death OT)	25-30 min Plyo Cardio Circuit
Week 2	60 min Upper Elite	55 min Power Legs	40 min Back & 6-Pack	40 min Vertical Plyo	30 min Off-Day Stretch	65 min Speed & Agility, Ab Shredder	25-30 min Cardio Power & Resistance
Week 3	60 min Upper Elite	55 min Power Legs	40 min Back & 6-Pack	40 min Vertical Plyo	30 min Off-Day Stretch	90 min Speed & Agility, Back to Core	25-30 min Pure Cardio
Week 4	60 min Upper Elite, Ab Shredder	55 min Power Legs	40 min Back & 6-Pack	55 min Vertical Plyo, Overtime	30 min Off-Day Stretch	90 min Speed & Agility, Back to Core	25-30 min Core Cardio & Balance
Week 5	60 min Game Day	45 min Ab Shredder, Relief	50 min Strength	70 min Back to Core, Relief	30 min Off-Day Stretch	60 min Championship	25-30 min Max Interval Circuit
Week 6	60 min Upper Elite, Ab Shredder	55 min Power Legs, Pure Contact	40 min Back & 6-Pack	55 min Vertical Plyo, Overtime	30 min Off-Day Stretch	90 min Speed & Agility, Back to Core	25-30 min Max Interval Plyo
Week 7	100 min Game Day, Overtime, Relief	45 min Ab Shredder, Relief	75 min X Trainer, Relief	70 min Speed & Agility, Pure Contact, Relief	30 min Off-Day Stretch	60 min Championship	25-30 min Max Cardio Conditioning
Week 8	50 min Athletic Performance Assessment (Vol. 1 Ft Test)	75 min X Trainer, Relief	35 min Strength, Ab Shredder, Relief	70 min Speed & Agility, Pure Contact, Relief	30 min Off-Day Stretch	65 min Championship, Ft Test (Sudden Death OT)	0 min Relax

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