

**INSANITY****THE ASYLUM**

DIG EVEN DEEPER! | TRACK YOUR PROGRESS

BY BEACHBODY COACH CHAD PINK

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<b>FIT TEST</b>			
<b>EXERCISE</b>	<b>DAY 1</b>	<b>DAY 15</b>	<b>DAY 30</b>
AGILITY HEISMAN			
IN & OUT AB PROGRESSIONS			
PULL-UPS/PUSH-UPS			
MOUNTAIN CLIMBER SWITCH KICKS			
AGILITY SHOULDER TAPS			
X-JUMPS			
MOVING PUSH-UPS			
AGILITY LATERAL SHUFFLE			
AGILITY BEAR CRAWL			

<b>MEASUREMENTS</b>		
<b>BODY PART</b>	<b>DAY 1</b>	<b>DAY 30</b>
CHEST		
RIGHT ARM		
LEFT ARM		
WAIST		
HIPS		
RIGHT THIGH		
LEFT THIGH		
WEIGHT		

<b>PROGRESS TRACKER</b>				
	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
DUMBBELL WEIGHT				
RESISTANCE BAND (COLOR)				
UPPER TONING POWER BAND (YES/NO)				
LOWER TONING POWER BAND (YES/NO)				
# OF CHIN-UPS/PULL-UPS				
ENERGY LEVEL				
SORENESS				
SPEED ROPE SKILLS				
HOW'S MY DIET?				
AM I DRINKING ENOUGH WATER?				
*DID I DRINK SHAKEOLOGY?				
*DID I DRINK RESULTS & RECOVERY FORMULA?				

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