

INSANITY X PLUS HYBRID

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	NOTES/ REST
Phase 1	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Plyometric Cardio Circuit	Uppers Plus/ Ab Ripper X	Cardio Power and Resistance	Cardio Recovery/ Abs Core Plus	Chest and Back	Pure Cardio and Abs		
	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Plyometric Cardio Circuit	Shoulders and Arms/ Ab Ripper X	Intervals Plus	Cardio Recovery/ Abs Core Plus	Uppers Plus	Pure Cardio and Abs		
	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Plyometric Cardio Circuit	Uppers Plus/ Ab Ripper X	Cardio Power and Resistance	Cardio Recovery/ Abs Core Plus	Chest and Back	Pure Cardio and Abs			
Recover	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Core Cardio and Balance	Core Synergistic	Cardio Recovery	Abs Core Plus	Yoga X	Core Cardio and Balance		
Phase 2	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Plyometric Cardio Circuit	Uppers Plus/ Ab Ripper X	Cardio Power and Resistance	Cardio Recovery/ Abs Core Plus	Back and Biceps	Pure Cardio and Abs		
	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Max Interval Plyometrics	Chest, Shoulders, Tri's / Ab Ripper X	Yoga X	Max Recovery/ Abs Core Plus	Uppers Plus	Max Cardio and Abs		
	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Max Interval Plyometrics	Uppers Plus / Ab Ripper X	Max Interval Circuit	Max Recovery/ Abs Core Plus	Total Body Plus	Max Cardio and Abs			
Recover	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Core Cardio and Balance	Core Synergistic	Max Cardio Recovery	Abs Core Plus	Yoga X	Core Cardio and Balance		
Phase 3	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Max Interval Plyometrics	Uppers Plus / Ab Ripper	Max Cardio Conditioning	Max Recovery/ Abs Core Plus	Total Body Plus	Max Cardio and Abs		
	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Max Cardio Conditioning	Chest, Shoulders, Tris/ Ab Ripper X	Yoga X	Max Recovery/ Abs Core Plus	Back and Biceps	Max Cardio and Abs		
	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Max Interval Circuit	Chest and Back/ Ab Ripper X	Max Cardio Conditioning	Max Recovery/ Abs Core Plus	Shoulders and Arms	Max Cardio and Abs		
	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Max Cardio Conditioning	Total Body Plus	Yoga X	Max Recovery/ Abs Core Plus	Uppers Plus	Max Cardio and Abs			
Recover	Weight:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Core Cardio and Balance	Core Synergistic	Max Cardio Recovery	Abs Core Plus	Yoga X	Core Cardio and Balance		

CHEST AND BACK

Week	One	Three	Eleven	Notes
Standard Push Ups	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	
Wide Front Pull Ups	NC 1 _____ C1 _____ NC 2 _____ C2 _____	NC 1 _____ C1 _____ NC 2 _____ C2 _____	NC 1 _____ C1 _____ NC 2 _____ C2 _____	
Military Push Ups	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	
Reverse Grip Chin Ups	NC 1 _____ C1 _____ NC 2 _____ C2 _____	NC 1 _____ C1 _____ NC 2 _____ C2 _____	NC 1 _____ C1 _____ NC 2 _____ C2 _____	
Wide Fly Push Ups	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	
Closed Grip Over-Hand Pull Ups	NC 1 _____ C1 _____ NC 2 _____ C2 _____	NC 1 _____ C1 _____ NC 2 _____ C2 _____	NC 1 _____ C1 _____ NC 2 _____ C2 _____	
Decline Push Ups	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	
Heavy Pants	Round 1 _____ \ _____ Round 2 _____ \ _____	Round 1 _____ \ _____ Round 2 _____ \ _____	Round 1 _____ \ _____ Round 2 _____ \ _____	
Diamond Push Ups	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	
Lawnmowers	Round 1 _____ \ _____ Round 2 _____ \ _____	Round 1 _____ \ _____ Round 2 _____ \ _____	Round 1 _____ \ _____ Round 2 _____ \ _____	
Dive-Bombers	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	
Back Flys	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	Round 1 _____ Round 2 _____	

SHOULDERS AND ARMS

Week	Two	Eleven	Notes
Alternating Shoulder Press	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
In and Out Biceps Curls	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Two Arm Tricep Kickback	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Swimmers Press	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Full Supination Concentration Curls	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Chair Dips	R1 _____ type _____	R1 _____ type _____	
	R2 _____ type _____	R2 _____ type _____	
Upright Rows	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Static Arm Curls	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Flip Grip Twist Kickbacks	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Seated 2 Angle Shoulder Flys	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Crouching Cohen Curls	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Lying Down Tricep Extentions	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Bonus Round			
In and Out Straight Arms	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Congdon Curls	Round 1 _____ W _____	Round 1 _____ W _____	
	Round 2 _____ W _____	Round 2 _____ W _____	
Side Tri -Rises	LA _____ RA _____	LA _____ RA _____	
	LA _____ RA _____	LA _____ RA _____	

BACK AND BICEPS

Week	Five	Ten	Notes
Wide Front Pull Ups	NC _____ C _____	NC _____ C _____	
Lawnmowers	RA _____ W _____ LA _____ W _____	RA _____ W _____ LA _____ W _____	
Twenty Ones	Reps _____	Reps _____	
One Arm Cross Body Curls	RA _____ W _____ LA _____ W _____	RA _____ W _____ LA _____ W _____	
Switch Grip Pulls Ups	NC _____ C _____	NC _____ C _____	
Elbow Out Lawnmower	RA _____ W _____ LA _____ W _____	RA _____ W _____ LA _____ W _____	
Bicep Curl	RA _____ W _____ LA _____ W _____	RA _____ W _____ LA _____ W _____	
Concentration Curl	RA _____ W _____ LA _____ W _____	RA _____ W _____ LA _____ W _____	
Corn Cob Pull Ups	NC _____ C _____	NC _____ C _____	
Reverse Grip Bent Over Rows	Rep _____ W _____	Rep _____ W _____	
Open Arm Curls	Rep _____ W _____	Rep _____ W _____	
Static Arm Curls	Rep _____ W _____	Rep _____ W _____	
Towel Pull Ups	NC _____ C _____	NC _____ C _____	
Congdon Locomotive	Rep _____ W _____	Rep _____ W _____	
Crouching Cohen Curls	Rep _____ W _____	Rep _____ W _____	
Corkscrew Curls	Rep _____ W _____	Rep _____ W _____	
Chin-Ups	NC _____ C _____	NC _____ C _____	
Seated bent Over Back Flys	Rep _____ W _____	Rep _____ W _____	
Curl Up/Hammer Down	Rep _____ W _____	Rep _____ W _____	
Hammer Curls	Rep _____ W _____	Rep _____ W _____	
Max Rep Pull Ups	NC _____ C _____	NC _____ C _____	
Superman	Reps _____	Reps _____	
In-Out Hammer Curls	Rep _____ W _____	Rep _____ W _____	
Strip Set Curls	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____ R4 _____ W4 _____	R1 _____ W1 _____ R2 _____ W2 _____ R3 _____ W3 _____ R4 _____ W4 _____	

TOTAL BODY PLUS

Week	Nine	Twelve	Notes
O Crunch Push Up	R _____	R _____	
Pull Up Crunch	R _____	R _____	
Dead Lift Curl Press	Rep _____ W _____	Rep _____ W _____	
Step Kick Back Chair Position	Rep _____ W _____	Rep _____ W _____	
Sumo Chair	R _____	R _____	
Chuck Ups	P1Rep _____ P2Rep _____ P3Rep _____	P1Rep _____ P2Rep _____ P3Rep _____	
Clink oOn Run	Rep _____	Rep _____	
Lunge Press Bella Twist	Rep _____ W _____	Rep _____ W _____	
Balance Curls	Rep _____ W _____	Rep _____ W _____	
Running Man	Rep _____ W _____	Rep _____ W _____	
Pike Push Ups	Rep _____	Rep _____	
Lunge Squat Lunge	Rep _____ W _____	Rep _____ W _____	
Mr. Moon	Rep _____	Rep _____	
Kid Play	Time _____	Time _____	
3 & 3	Rep _____ Rep _____	Rep _____ Rep _____	
½ Dervish	Rep _____ W _____	Rep _____ W _____	
Weighted Warrior	Rep _____ W _____	Rep _____ W _____	
1 & 1	Rep _____ Rep _____	Rep _____ Rep _____	
Lara Lunge Crunch	Rep _____ W _____	Rep _____ W _____	
Spiderman Jumps	Reps _____	Reps _____	
Plyo Push Ups	Reps _____	Reps _____	

CHEST SHOULDERS AND TRICEPS

Week	Five	Ten	Notes
Slow Motion 3 in 1 Push Ups	Reps _____	Reps _____	
In & Out Shoulder Flys	Reps _____ W _____	Reps _____ W _____	
Chair Dips	Reps _____	Reps _____	
Plange Push Ups	Reps _____	Reps _____	
Pike Presses	Reps _____	Reps _____	
Side Tri Rise	RA _____ LA _____	RA _____ LA _____	
Floor Flys	Reps _____	Reps _____	
Scarecrows	Reps _____ W _____	Reps _____ W _____	
Overhead Tricep Ext.	Rep _____ W _____	Rep _____ W _____	
Two Twich Speed Pushup	Reps _____	Reps _____	
Y-Presses	Rep _____ W _____	Rep _____ W _____	
Lying tricep Extension	Rep _____ W _____	Rep _____ W _____	
Side to Side Push Ups	Reps _____	Reps _____	
Pour Flys	Rep _____ W _____	Rep _____ W _____	
Side Leaning Tricep Extension	RA _____ W _____ LA _____ W _____	RA _____ W _____ LA _____ W _____	
One Arm Push Ups	Reps _____	Reps _____	
Weighted Circles	NC _____ C _____	NC _____ C _____	
Throw the bomb	RA _____ W _____ LA _____ W _____	RA _____ W _____ LA _____ W _____	
Plyo Push Ups	Reps _____	Reps _____	
Slo Mo Throws	RA _____ W _____ LA _____ W _____	RA _____ W _____ LA _____ W _____	
Front to Back Tricep Extension	RA _____ W _____ LA _____ W _____	RA _____ W _____ LA _____ W _____	
One Arm Balance Pushup	Reps _____	Reps _____	
Fly Row Presses	Rep _____ W _____	Rep _____ W _____	
Cross Body Blows	Rep _____ W _____	Rep _____ W _____	

