

Insanity Asylum Calendar – Volume 1

Day 1 Speed & Agility	Day 2 Strength	Day 3 Back to Core	Day 4 Vertical Plyo	Day 5 Rest Day	Day 6 Speed & Agility	Day 7 Strength
Day 8 Back to Core	Day 9 Vertical Plyo	Day 10 Relief	Day 11 Game Day	Day 12 Back to Core	Day 13 Strength	Day 14 Relief
Day 15 Speed & Agility	Day 16 Vertical Plyo	Day 17 Strength	Day 18 Relief	Day 19 Game Time + Overtime	Day 20 Vertical Plyo	Day 21 Back to Core
Day 22 Rest Day	Day 23 Speed & Agility	Day 24 Strength	Day 25 Game Day + Overtime	Day 26 Vertical Plyo	Day 27 Back to Core	Day 28 Relief
Day 29 Speed & Agility	Day 30 Fit Test	Need some help? Check out SoreyFitness.com or email us at thegirls@soreyfitness.com				