

INSANITY

THE ASYLUM

P90X2

P90X2 INSANITY THE ASYLUM HYBRID WORKOUT SCHEDULE

Day 1 - X2 Chest + Back & X2 Ab Ripper
Day 2 - Vertical Plyo & Relief
Day 3 - X2 Shoulders + Arms & X2 Ab Ripper
Day 4 - X2 Yoga
Day 5 - X2 Base + Back & Relief
Day 6 - Speed & Agility - Relief
Day 7 - Rest Day
Day 8 - X2 V Sculpt & X2 Ab Ripper
Day 9 - Vertical Plyo & Relief
Day 10 - X2 Chest + Shoulders + Tris & X2 Ab Ripper
Day 11 - Speed & Agility
Day 12 - X2 Base + Back & X2 Ab Ripper
Day 13 - Game Day & Overtime
Day 14 - Rest Day
Day 15 - Asylum Strength & X2 Ab Ripper
Day 16 - Vertical Plyo & Relief
Day 17 - X2 Shoulders + Arms & X2 Ab Ripper
Day 18 - Speed & Agility
Day 19 - Asylum Strength
Day 20 - Game Day & Overtime
Day 21 - Rest Day
Day 22 - Asylum Strength
Day 23 - Vertical Plyo & Relief
Day 24 - Back to Core
Day 25 - Speed & Agility
Day 26 - Asylum Strength
Day 27 - Game Day & Overtime
Day 28 - X2 Yoga
Day 29 - Speed & Agility
Day 30 - Asylum Fit Test

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