UPPER BODY WEIGHT TRAINING

INSANITY

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
ROUND 1						
360 SHOULDER PRESS	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____
PULSE CURLS	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____
(In/Out Abs w/Pushup)	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____
(Floor Sprints)	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____
ROUND 2						
SQUAT BICEP CURL	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____
180 LATERAL RAISES	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____
(Elevated Tri Dips)	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____
(Power Jumps)	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____
ROUND 3						
FULL ROTATION FLY	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____
P-UP WITH FRONT RAISE	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____
(High Knees w/Twist)	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____	Sec_____ Sec_____ Sec_____
ROUND 4						
CHEST PRESS/LEG RAISE	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____
BENT OVER ROW/FLY	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____	r____w____ r____w____ r____w____
(Ski Abs)	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____	r_____ r_____ r_____