

# INSANITY BODY WEIGHT WORKOUT

<b>WORKOUT GOAL</b>	High calorie burn, improved athletic performance					
<b>WORKOUT DESCRIPTION</b>	High intensity interval training using body weight exercises to improve athletic performance and reduce body fat					
<b>SAFETY BRIEF</b>	Ensure you complete an effective full body warm up. Stay hydrated throughout your workout. Please seek guidance from your GP for any injuries or medical conditions					
<b>EQUIPMENT</b>	N/A					
<b>DURATION</b>	33 mins					
<b>WARM UP</b>	5 min warm up. Complete each exercise for 30 secs. Perform two rounds	Squats	Lunges	High knees	Inchworms	Press ups
<b>THE WORKOUT</b>	Session design & equipment			Methodology		
	Two 10 min body weight circuits with 5 mins for a warm up and 5 mins for a cool down. Complete each exercise twice for 40 secs with a 20 second recovery. Complete Set A1-A5 once before returning back to A1 for your second set within the first circuit. After Circuit 'A1-A5', take 1 minute to recover before you run through circuit 'B' in the same way as circuit 'A'			Each 10 min circuit contains 5 exercises completed twice. The goal is to hit the maximum number of repetitions during the work phase, driving intensity as highly as is manageable. This workout is targeted at the advanced athlete due to its intensity but can be utilised by others		
	Set	Exercise	Time	Equipment	Exercise recovery	Target reps
	A1 x 2	Squat jump	40 secs	N/A	20 secs	Maximum
	A2 x 2	Sprawl	40 secs		20 secs	Maximum
	A3 x 2	Kick through	40 secs		20 secs	Maximum
	A4 x2	Ice skater	40 secs		20 secs	Maximum
	A5 x 2	High knees	40 secs		20 secs	Maximum
	B1 x 2	Mountain climbers	40 secs		20 secs	Maximum
	B2 X 2	Press up	40 secs		20 secs	Maximum
	B3 x 2	Burpees	40 secs		20 secs	Maximum
	B4 x 2	Plank walk outs	40 secs		20 secs	Maximum
B5 x 2	Crunches	40 secs	20 secs		Maximum	
<b>COOL DOWN</b>	5 mins stretching					
<b>STRETCH</b>	Complete each stretch for 30 secs	Chest stretch	Child's pose	Hamstring stretch	Quadricep stretch	Calf stretch
<b>IF YOU LIKE THIS, TRY...</b>	For an insanity workout in club, try our Insanity classes which are available at selected clubs, or our Signature Freestyle Group Training HIIT Programme which is available in all clubs					