## CHECK A BOX EVERY DAY YOU DO YOUR INSANITY WORKOUT.

## MONTH 1

1							
ek	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week		PLYOMETRIC	CARDIO POWER &	CARDIO	PURE	PLYOMETRIC	
	FIT TEST	CARDIO CIRCUIT	RESISTANCE	RECOVERY	CARDIO	CARDIO CIRCUIT	OFF
2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week	CARDIO POWER &	PURE	PLYOMETRIC	CARDIO	CARDIO POWER &	PURE CARDIO	
	RESISTANCE	CARDIO	CARDIO CIRCUIT	RECOVERY	RESISTANCE	& CARDIO ABS	OFF
3							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week		PLYOMETRIC	PURE CARDIO	CARDIO	CARDIO POWER &	PLYOMETRIC	
	FIT TEST	CARDIO CIRCUIT	& CARDIO ABS	RECOVERY	RESISTANCE	CARDIO CIRCUIT	OFF
4							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week	PURE CARDIO	CARDIO POWER &	PLYOMETRIC	CARDIO	PURE CARDIO	PLYOMETRIC	
	& CARDIO ABS	RESISTANCE	CARDIO CIRCUIT	RECOVERY	& CARDIO ABS	CARDIO CIRCUIT	OFF

## RECOVERY WEEK

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ver	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
oo ə	CORE CARDIO							
ď	& BALANCE	OFF						

## MONTH 2

2							
Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
We	FIT TEST & MAX	MAX INTERVAL	MAX CARDIO	MAX	MAX INTERVAL	MAX INTERVAL	
	INTERV CIRCTUIT	PLYO	CONDITIONING	RECOVERY	CIRCUIT	PLYO	OFF
9							
ek	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week	MAX CARDIO	MAX INTERVAL	MAX INTERVAL	мах	MAX CARDIO	CORE CARDIO	
	CONDITIONING	CIRCUIT	PLYO	RECOVERY	CONDI + C.ABS*	& BALANCE*	OFF
2							
ek 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 7	MONDAY FIT TEST & MAX	TUESDAY  MAX INTERVAL	WEDNESDAY MAX CARDIO	THURSDAY	FRIDAY MAX INTERVAL	SATURDAY CORE CARDIO	SUNDAY
							SUNDAY
Week	FIT TEST & MAX	MAX INTERVAL	MAX CARDIO	мах	MAX INTERVAL	CORE CARDIO	
8 Week	FIT TEST & MAX	MAX INTERVAL	MAX CARDIO	мах	MAX INTERVAL	CORE CARDIO	
Week	FIT TEST & MAX INTERV CIRCTUIT	MAX INTERVAL PLYO	MAX CARDIO CONDI + C.ABS*	MAX RECOVERY	MAX INTERVAL CIRCUIT	CORE CARDIO & BALANCE*	OFF

<sup>\*</sup> If you have the DELUXE package, you can replace Cardio Abs with Insane Abs, and Core Cardio & Balance with Max Interval Training