

CHECK A BOX EVERY DAY YOU DO YOUR INSANITY WORKOUT.

MONTH 1

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

RECOVERY WEEK

Recovery	MONDAY CORE CARDIO & BALANCE	TUESDAY CORE CARDIO & BALANCE	WEDNESDAY CORE CARDIO & BALANCE	THURSDAY CORE CARDIO & BALANCE	FRIDAY CORE CARDIO & BALANCE	SATURDAY CORE CARDIO & BALANCE	SUNDAY OFF
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MONTH 2

Week 5	MONDAY FIT TEST & MAX INTERV CIRCUIT	TUESDAY MAX INTERVAL PLYO	WEDNESDAY MAX CARDIO CONDITIONING	THURSDAY MAX RECOVERY	FRIDAY MAX INTERVAL CIRCUIT	SATURDAY MAX INTERVAL PLYO	SUNDAY OFF
	MONDAY MAX CARDIO CONDITIONING	TUESDAY MAX INTERVAL CIRCUIT	WEDNESDAY MAX INTERVAL PLYO	THURSDAY MAX RECOVERY	FRIDAY MAX CARDIO CONDI + C.ABS*	SATURDAY CORE CARDIO & BALANCE*	SUNDAY OFF
	MONDAY FIT TEST & MAX INTERV CIRCUIT	TUESDAY MAX INTERVAL PLYO	WEDNESDAY MAX CARDIO CONDI + C.ABS*	THURSDAY MAX RECOVERY	FRIDAY MAX INTERVAL CIRCUIT	SATURDAY CORE CARDIO & BALANCE*	SUNDAY OFF
	MONDAY MAX INTERVAL PLYO	TUESDAY MAX CARDIO CONDI + C.ABS*	WEDNESDAY MAX INTERVAL CIRCUIT	THURSDAY MAX RECOVERY	FRIDAY MAX INTERVAL PLYO	SATURDAY MAX CARDIO CONDI + C.ABS*	SUNDAY OFF

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