



INSANITY WORKOUT CALENDER

MONTH 1

WEEK

	MON	TUE	WED	THU	FRI	SAT	SUN
1	Fitness Test	Plyometric Cardio Circuit	Cardio Power & Resistance	Cardio Recovery	Pure Cardio	Plyometric Cardio Circuit	Rest
2	Cardio Power & Resistance	Pure Cardio	Plyometric Cardio Circuit	Cardio Recovery	Cardio Power & Resistance	Pure Cardio & Cardio Abs	Rest
3	Fitness Test	Plyometric Cardio Circuit	Pure Cardio & Cardio Abs	Cardio Recovery	Cardio Power & Resistance	Plyometric Cardio Circuit	Rest
4	Pure Cardio & Cardio Abs	Cardio Power & Resistance	Plyometric Cardio Circuit	Cardio Recovery	Pure Cardio & Cardio Abs	Plyometric Cardio Circuit	Rest
RECOVERY WEEK							
	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Rest

MONTH 2

WEEK

	MON	TUE	WED	THU	FRI	SAT	SUN
5	Fitness Test & MAX Interval Circuit	MAX Interval Plyo	MAX Cardio Conditioning	MAX Recovery	MAX Interval Circuit	MAX Interval Plyo	Rest
6	MAX Cardio Conditioning	MAX Interval Circuit	MAX Interval Plyo	MAX Recovery	MAX Cardio Conditioning & Cardio Abs	Core Cardio & Balance	Rest
7	Fitness Test & MAX Interval Circuit	MAX Interval Plyo	MAX Cardio Conditioning & Cardio Abs	MAX Recovery	MAX Interval Circuit	Core Cardio & Balance	Rest
8	MAX Interval Plyo	MAX Cardio Conditioning & Cardio Abs	MAX Interval Circuit	Core Cardio & Balance	MAX Interval Plyo	Max Cardio & Cardio Abs	Rest