INSANITY WORKOUT SCHEDULE

MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	FIT TEST	PIYO + CARDIO	STRENGTH	RECOVERY	PURE CARDIO	PIYO + CARDIO
REST	CARDIO STRENGTH	PURE CARDIO	PIYO + CARDIO	RECOVERY	STRENGTH	CARDIO + ABS
REST	FIT TEST	PIYO + CARDIO	CARDIO + ABS	RECOVERY	STRENGTH	PIYO + CARDIO
REST	PURE CARDIO + ABS	STRENGTH + CARDIO	PIYO + CARDIO	RECOVERY	CARDIO + ABS	PIYO + CARDIO
REST	CORE BALANCE	CORE BALANCE	CORE BALANCE	CORE BALANCE	CORE BALANCE	CORE BALANCE