

Insanity Workout

Day	Workout	✓	Notes
1	Fit Test	☐	
2	Plyo	☐	
3	Power	☐	
4	Pure	☐	
5	Abs	☐	
6	Recovery	☐	
7	Rest	☐	
8	Plyo	☐	
9	Power	☐	
10	Pure	☐	
11	Abs	☐	
12	Recovery	☐	
13	Plyo	☐	
14	Rest	☐	
15	Fit Test	☐	
16	Max Circuit	☐	
17	Max Plyo	☐	
18	Max Cardio	☐	
19	Recovery	☐	
20	Max Circuit + Abs	☐	
21	Rest	☐	
22	Max Plyo	☐	
23	Max Cardio	☐	
24	Recovery	☐	
25	Max Circuit	☐	
26	Abs	☐	
27	Max Plyo	☐	
28	Rest	☐	
29	Fit Test	☐	
30	Max Circuit	☐	
31	Final Max Cardio	☐	