

INSANITY WORKOUT SCHEDULE

Workout Abbreviations

FT = Fit Test
Plyo = Plyometric Cardio Circuit
Power = Cardio Power & Resistance
Pure = Pure Cardio
Abs = Cardio Abs
Max C = Max Interval Circuit
Max P = Max Interval Plyo
Max Cardio = Max Cardio Conditioning
Rec = Cardio Recovery / Stretch

FT	Plyo	Power	Rec	Pure	Abs	Rest
Plyo	Power	Rec	Pure	Abs	Plyo	Rest
FT	Max C	Max P	Rec	Max Cardio	Max C + Abs	Rest
Max P	Max Cardio	Rec	Max C	Abs	Max P	Rest
FT	Max C	Max Cardio				