

# INSANITY WORKOUT CALENDAR

## MONTH 1

| Day 1                     | Day 2                     | Day 3                     | Day 4           | Day 5                     | Day 6                     | Day 7  |
|---------------------------|---------------------------|---------------------------|-----------------|---------------------------|---------------------------|--------|
| Fit Test                  | Plyometric Cardio Circuit | Cardio Power & Resistance | Cardio Recovery | Pure Cardio               | Plyometric Cardio Circuit | Rest   |
| Day 8                     | Day 9                     | Day 10                    | Day 11          | Day 12                    | Day 13                    | Day 14 |
| Cardio Power & Resistance | Pure Cardio               | Plyometric Cardio Circuit | Cardio Recovery | Cardio Power & Resistance | Pure Cardio & Cardio Abs  | Rest   |
| Day 15                    | Day 16                    | Day 17                    | Day 18          | Day 19                    | Day 20                    | Day 21 |
| Fit Test                  | Plyometric Cardio Circuit | Pure Cardio & Cardio Abs  | Cardio Recovery | Cardio Power & Resistance | Plyometric Cardio Circuit | Rest   |
| Day 22                    | Day 23                    | Day 24                    | Day 25          | Day 26                    | Day 27                    | Day 28 |
| Cardio Core & Balance     | Cardio Power & Resistance | Plyometric Cardio Circuit | Cardio Recovery | Pure Cardio & Cardio Abs  | Plyometric Cardio Circuit | Rest   |

## RECOVERY WEEK

| Day 29                | Day 30                | Day 31                | Day 32                | Day 33                | Day 34                | Day 35 |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------|
| Cardio Core & Balance | Cardio Core & Balance | Cardio Core & Balance | Cardio Core & Balance | Cardio Core & Balance | Cardio Core & Balance | Rest   |

## MONTH 2

| Day 36                          | Day 37                               | Day 38                               | Day 39                      | Day 40                               | Day 41                               | Day 42   |
|---------------------------------|--------------------------------------|--------------------------------------|-----------------------------|--------------------------------------|--------------------------------------|----------|
| Fit Test & Max Interval Circuit | Max Interval Pylo                    | Max Cardio Conditioning              | Max Recovery                | Max Interval Circuit                 | Max Interval Pylo                    | Rest     |
| Day 43                          | Day 44                               | Day 45                               | Day 46                      | Day 47                               | Day 48                               | Day 49   |
| Max Cardio Conditioning         | Max Interval Circuit                 | Max Interval Pylo                    | Max Recovery                | Max Cardio Conditioning & Insane Abs | Max Interval Sport Training          | Rest     |
| Day 50                          | Day 51                               | Day 52                               | Day 53                      | Day 54                               | Day 55                               | Day 56   |
| Fit Test & Max Interval Circuit | Max Interval Pylo                    | Max Cardio Conditioning & Insane Abs | Max Recovery                | Max Interval Circuit                 | Max Interval Sport Training          | Rest     |
| Day 57                          | Day 58                               | Day 59                               | Day 60                      | Day 61                               | Day 62                               | Day 63   |
| Max Interval Pylo               | Max Cardio Conditioning & Insane Abs | Max Interval Circuit                 | Max Interval Sport Training | Max Interval Pylo                    | Max Cardio Conditioning & Insane Abs | Fit Test |