

Shaun T Insanity Workout Schedule

MONTH 1	WEEK 1	Date:							
		Workout	Fit Test	Plyometric Cardio Circuit	Cardio Power & Resistance	Cardio Recovery	Pure Cardio	Plyometric Cardio Circuit	Rest
		✓	☐	☐	☐	☐	☐	☐	☐
		Notes							
	WEEK 2	Date:							
		Workout	Cardio Power & Resistance	Pure Cardio	Plyometric Cardio Circuit	Cardio Recovery	Cardio Power & Resistance	Pure Cardio & Cardio Abs	Rest
		✓	☐	☐	☐	☐	☐	☐	☐
		Notes							
	WEEK 3	Date:							
		Workout	Fit Test	Plyometric Cardio Circuit	Pure Cardio & Cardio Abs	Cardio Recovery	Cardio Power & Resistance	Plyometric Cardio Circuit	Rest
		✓	☐	☐	☐	☐	☐	☐	☐
		Notes							
	WEEK 4	Date:							
		Workout	Pure Cardio & Cardio Abs	Cardio Power & Resistance	Plyometric Cardio Circuit	Cardio Recovery	Pure Cardio & Cardio Abs	Plyometric Cardio Circuit	Rest
		✓	☐	☐	☐	☐	☐	☐	☐
		Notes							
RECOVERY WEEK		Date:							
		Workout	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Rest
		✓	☐	☐	☐	☐	☐	☐	☐
		Notes							
MONTH 2	WEEK 5	Date:							
		Workout	Fit Test & MAX Interval Circuit	MAX Interval Plyo	MAX Cardio Conditioning	MAX Recovery	MAX Interval Circuit	Max Interval Plyo	Rest
		✓	☐	☐	☐	☐	☐	☐	☐
		Notes							
	WEEK 6	Date:							
		Workout	MAX Cardio Conditioning	MAX Interval Circuit	MAX Interval Plyo	MAX Recovery	MAX Cardio & Cardio Abs	Core Cardio & Balance	Rest
		✓	☐	☐	☐	☐	☐	☐	☐
		Notes							
	WEEK 7	Date:							
		Workout	Fit Test & MAX Interval Circuit	MAX Interval Plyo	MAX Cardio & Cardio Abs	MAX Recovery	MAX Interval Circuit	Core Cardio & Balance	Rest
		✓	☐	☐	☐	☐	☐	☐	☐
		Notes							
	WEEK 8	Date:							
		Workout	MAX Interval Plyo	MAX Cardio & Cardio Abs	MAX Interval Circuit	Core Cardio & Balance	MAX Interval Plyo	MAX Cardio & Cardio Abs	Rest
		✓	☐	☐	☐	☐	☐	☐	☐
		Notes							