INSANITY

Workout Calendar

Just put and X through each day as you complete it.

MONTH 1						
1	2	3	4	5	6	7
Fit Test	Plyometric Cardio Circuit	Cardio Power & Resistance	Cardio Recovery	Pure Cardio	Plyometric Cardio Circuit	Rest
8	9	10	11	12	13	14
Cardio Power & Resistance	Pure Cardio	Plyometric Cardio Circuit	Cardio Recovery	Cardio Power & Resistance	Pure Cardio & Cardio Abs	Rest
15	16	17	18	19	20	21
Fit Test	Plyometric Cardio Circuit	Pure Cardio and Cardio Abs	Cardio Recovery	Cardio Power & Resistance	Plyometric Cardio Circuit	Rest
22	23	24	25	26	27	28
Pure Cardio & Cardio Abs	Cardio Power & Resistance	Plyometric Cardio Circuit	Cardio Recovery	Pure Cardio & Cardio Abs	Plyometric Cardio Circuit	Rest
RECOVERY WEEK						
29	30	31	32	33	34	35
Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Rest
MONTH 2						
36	37	38	39	40	41	42
Fit Test & Max Interval Circuit	Max Interval Plyo	Max Cardio Conditioning	Max Recovery	Max Interval Circuit	Max Interval Plyo	Rest
43	44	45	46	47	48	49
Max Cardio Conditioning	Max Interval Circuit	Max Interval Plyo	Max Recovery	Max Cardio Conditioning & Cardio Abs*	Core Cardio and Balance*	Rest
50	51	52	53	54	55	56
Fit Test & Max Interval Circuit	Max Interval Plyo	Max Cardio Conditioning & Cardio Abs*	Max Recovery	Max Interval Circuit	Core Cardio and Balance*	Rest
57	58	59	60	61	62	63
Max Interval Plyo	Max Cardio Conditioning & Cardio Abs*	Max Interval Circuit	Core Cardio and Balance*	Max Interval Plyo	Max Cardio Conditioning & Cardio Abs*	Fit Test

*If you have the DELUXE package, you can replace CARDIO ABS with INSANE ABS, and CORE CARDIO AND BALANCE with MAX INTERVAL SPORTS TRAINING.