

# Insanity Brazil Butt Lift Hybrid

## Week 1

Monday – Fit Test & Bum Bum  
Tuesday – Pure Cardio & Abs \*  
Wednesday – High & Tight & Leandro's Secret  
Thursday – Cardio Power & Resistance & Abs \*  
Friday – Cardio Recovery and/or Sculpt  
Saturday – Plyometric Cardio Circuit & Abs \*  
Sunday – Rest

## Week 2

Monday – Pure Cardio  
Tuesday – Bum Bum & Abs \*  
Wednesday – Cardio Power & Resistance  
Thursday – High & Tight & Leandro's Secret  
Friday – Plyometric Cardio Circuit & Abs \*  
Saturday – Cardio Recovery and/or Sculpt  
Sunday – Rest

## Week 3

Monday – Fit Test & Bum Bum  
Tuesday – Pure Cardio & Abs \*  
Wednesday – High & Tight & Leandro's Secret  
Thursday – Cardio Power & Resistance & Abs 8  
Friday – Cardio Recovery and/or Sculpt  
Saturday – Plyometric Cardio Circuit & Abs \*  
Sunday – Rest

## Week 4

Monday – Pure Cardio & Abs \*  
Tuesday – Bum Bum \*\*  
Wednesday – Cardio Power & Resistance & Abs  
Thursday – High & Tight & Leandro's Secret \*\*  
Friday – Plyometric Cardio Circuit and Abs \*  
Saturday – Cardio Recovery and/or Sculpt  
Sunday – Rest

## Week 5 (Recovery)

Monday – Core Cardio & Balance  
Tuesday – Core Cardio & Balance  
Wednesday – Core Cardio & Balance  
Thursday – Core Cardio & Balance  
Friday – Core Cardio & Balance  
Saturday – Core Cardio & Balance  
Sunday – Rest

## Week 6

Monday – Fit Test & Bum Bum  
Tuesday – Max Cardio Conditioning & Abs \*  
Wednesday – High & Tight & Leandro's Secret  
Thursday – Max Interval Circuit & Abs \*  
Friday – Max Recovery and/or Sculpt  
Saturday – Max Interval Plyo & Abs \*  
Sunday – Rest

## Week 7

Monday – Max Cardio Conditioning  
Tuesday – Bum Bum & Abs \*  
Wednesday – Max Interval Circuit  
Thursday – High & Tight & Leandro's Secret  
Friday – Max Interval Plyo & Abs \*  
Saturday – Max Recovery and/or Sculpt  
Sunday – Rest

## Week 8

Monday – Fit Test & Bum Bum  
Tuesday – Max Cardio Conditioning & Abs \*  
Wednesday – High & Tight & Leandro's Secret  
Thursday – Max Interval Circuit & Abs 8  
Friday – Max Recovery and/or Sculpt  
Saturday – Max Interval Plyo Circuit & Abs \*  
Sunday – Rest

## Week 9

Monday – Max Cardio Conditioning & Abs \*  
Tuesday – Bum Bum \*\*  
Wednesday – Max Interval Circuit & Abs  
Thursday – High & Tight & Leandro's Secret \*\*  
Friday – Max Interval Plyo and Abs \*  
Saturday – Max Recovery and/or Sculpt  
Sunday – Rest

## Week 10 (Recovery)

Monday – Core Cardio & Balance  
Tuesday – Core Cardio & Balance  
Wednesday – Core Cardio & Balance  
Thursday – Core Cardio & Balance  
Friday – Core Cardio & Balance  
Saturday – Core Cardio & Balance  
Sunday – Rest

# Insanity- P90x Hybrid

## Phase 1 (repeat 2x )

Day 1 – P90X Chest & Back + Ab Workout  
Day 2 – Insanity Plyometric Cardio Circuit  
Day 3 – P90X Shoulders and Arms + Ab Workout  
Day 4 – Insanity Cardio Power and Resistance  
Day 5 – P90X Legs & Back + Ab Workout  
Day 6 – Insanity Pure Cardio  
Day 7 – Yoga Workout

## Recovery Week

Day 1 – P90X Core Synergistics  
Day 2 – P90X Yoga  
Day 3 – P90X Kenpo  
Day 4 – P90X Core Synergistics  
Day 5 – P90X Yoga  
Day 6 – P90X Kenpo  
Day 7 – P90X X-Stretch

## Phase 2 (repeat 2x)

Day 1 – P90X Chest, Shoulders, & Triceps + Ab Workout  
Day 2 – Insanity Max Interval Circuit  
Day 3 – P90X Biceps & Back + Ab Workout  
Day 4 – Insanity Max Interval Plyo  
Day 5 – P90X Legs & Back + Ab Workout  
Day 6 – Insanity Max Cardio Conditioning  
Day 7 – Yoga Workout

## Recovery Week

Day 1 – P90X Core Synergistics  
Day 2 – P90X Yoga  
Day 3 – P90X Kenpo  
Day 4 – P90X Core Synergistics  
Day 5 – P90X Yoga  
Day 6 – P90X Kenpo  
Day 7 – P90X X-Stretch

## Phase 3 (repeat 2x)

Day 1 – P90X Chest & Back + Ab Workout  
Day 2 – Insanity Max Interval Circuit  
Day 3 – P90X Shoulders & Arms + Ab Workout  
Day 4 – Insanity Max Interval Plyo  
Day 5 – P90X Legs & Back + Ab Workout  
Day 6 – Insanity Max Cardio Conditioning  
Day 7 – Yoga Workout

## Recovery Week

Day 1 – P90X Core Synergistics  
Day 2 – P90X Yoga  
Day 3 – P90X Kenpo  
Day 4 – P90X Core Synergistics  
Day 5 – P90X Yoga  
Day 6 – P90X Kenpo  
Day 7 – P90X X-Stretch

## **Turbofire / Insanity Hybrid**

### **Week 1**

- Day 1. Insanity Fit Test & Insanity Plyometric Cardio circuit
- Day 2. Fire 30 & Stretch 10
- Day 3. Insanity Cardio Power & resistance and Stretch 10
- Day 4. HiiT 15, Insanity Pure Cardio, & Stretch 10
- Day 5. Fire 55 EZ
- Day 6. Insanity Cardio Recovery & Stretch 10
- Day 7. REST DAY

### **Week 2**

- Day 1. Insanity Plyometric Cardio Circuit & Sculpt 30
- Day 2. HiiT 20 & Core 20
- Day 3. Insanity Pure Cardio & Insanity Cardio Abs
- Day 4. Fire 30 & Stretch 10
- Day 5. Insanity Cardio Power & Resistance
- Day 6. Fire 45 & Stretch 10
- Day 7. REST DAY

### **Week 3**

- Day 1. Insanity Pure Cardio & Core 20
- Day 2. HiiT 25 & Tone 30
- Day 3. Insanity Plyometric Cardio Circuit
- Day 4. Fire 55 EZ & Stretch 10
- Day 5. Insanity Cardio Recovery & Stretch 10
- Day 6. Fire 30 & Insanity Cardio Abs
- Day 7. REST DAY

### **Week 4**

- Day 1. Insanity Cardio Power & Resistance and HiiT 15
- Day 2. Fire 45 & Sculpt 30
- Day 3. Insanity Pure Cardio & Stetch 40
- Day 4. HiiT 25 & Core 20
- Day 5. Insanity Plyometric Cardio Circuit & Tone 30
- Day 6. Fire 55 EZ
- Day 7. REST DAY

### **Week 5: RECOVERY WEEK**

- Day 1. Insanity Core Cardio & Balance and Stretch 10
- Day 2. Stretch 40
- Day 3. REST DAY
- Day 4. Fire 55 EZ
- Day 5. Insanity Core cardio & Balance
- Day 6. Stretch 40
- Day 7. REST DAY

### **Week 6**

- Day 1. Fire 30 & Sculpt 30
- Day 2. Insanity Pure Cardio & Insanity Cardio Abs
- Day 3. Insanity Cardio Power & Resistance and HiiT 15
- Day 4. HiiT 20 & Core 20
- Day 5. Insanity Plometric Cardio Circuit & Stretch 10
- Day 6. Fire 45 class & Tone 30
- Day 7. REST DAY

### **Week 7**

- Day 1. HiiT 25 & Insanity Cardio Abs
- Day 2. Insanity Pure Cardio & Stretch 10
- Day 3. HiiT 15 & Sculpt 30
- Day 4. Insanity Cardio Recovery
- Day 5. Fire 30 Class & Core 20 class
- Day 6. Insanity Cardio Power & resistance and HiiT 15
- Day 7. REST DAY

### **Week 8**

- Day 1. Fire 55 EZ & Stretch 10
- Day 2. Insanity Pure Cardio & HiiT 20
- Day 3. HiiT 25 & Sculpt 30
- Day 4. Insanity Plyometric Cardio Circuit & Core 20
- Day 5. Fire 30 & Stretch 10
- Day 6. Insanity Pure Cardio & Insanity Cardio Abs
- Day 7. REST DAY

### **Week 9**

- Day 1. HiiT 25 Class & Insanity Cardio Abs
- Day 2. Insanity Pure Cardio & Tone 30
- Day 3. Insanity Plyometric Cardio Circuit & HiiT 15
- Day 4. Fire 30 class & Core 20 class
- Day 5. Insanity Pure Cardio, Insanity Cardio Abs, & Stretch 10
- Day 6. HiiT 20 & Sculpt 30
- Day 7. Insanity Fit Test & Insanity Cardio recovery

[In Month 2, you can do Insanity month 2 workouts instead of month 1 workouts]

# Insanity Les Mills PUMP Hybrid

## Week 1

Monday – Pump Challenge  
Tuesday – Fit Test  
Wednesday – Pump Challenge  
Thursday – Flow & Plyometric Cardio Circuit  
Friday – Pump Challenge  
Saturday – Hardcore abs & Cardio Power & Resistance  
Sunday – Rest

## Week 2

Monday – Pump & Burn & Cardio Abs  
Tuesday – Cardio Recovery  
Wednesday – Pump Challenge & Hard Core Abs  
Thursday – Flow & Pure Cardio  
Friday – Pump & Burn  
Saturday – Hardcore Abs & Plyometric Cardio Circuit  
Sunday – Rest

## Week 3

Monday – Pump & Burn  
Tuesday – Hardcore abs & Cardio Power & Resistance  
Wednesday – Pump & burn  
Thursday – Flow & Hardcore Abs & Pure Cardio (plan extra time today)  
Friday – Pump & Burn  
Saturday – Hardcore abs & Cardio Circuit  
Sunday – Rest

## Week 4

Monday – Pump & Burn  
Tuesday – Pump & Burn  
Wednesday – Hardcore abs & Cardio Recovery  
Thursday – Pump & Burn  
Friday – Pump & Burn  
Saturday – Flow & Cardio Power & Resistance  
Sunday – Rest

## Week 5

Monday – Pump & Shred  
Tuesday – Hardcore Abs & Pure Cardio & Cardio Abs  
Wednesday – Pump & Shred  
Thursday – Flow & Hardcore Abs & Cardio Recovery  
Friday – Cardio Power & Resistance  
Saturday – Pump & Shred  
Sunday – Rest

## Week 6

Monday – Pump & Shred  
Tuesday – Hardcore Abs & Pure Cardio & Cardio Abs  
Wednesday – Pump & Shred  
Thursday – Flow & Hardcore Abs & Cardio Recovery  
Friday – Cardio Power & Resistance  
Saturday – Pump & Shred  
Sunday – Rest

## Week 7

Monday – Pump & Burn & Hardcore Abs  
Tuesday – Pump Revolution  
Wednesday – Hardcore Abs & Plyometric Cardio Circuit  
Thursday – Pump & Shred  
Friday – Hardcore Abs & Pure Cardio & Cardio Abs  
Saturday – Cardio Circuit  
Sunday – Rest

## Week 8

Monday – Pump Extreme  
Tuesday – Hardcore Abs & Cardio Power & Resistance  
Wednesday – Pump & Shred  
Thursday – Hardcore Abs & Plyometric Cardio Circuit  
Friday – Pump Extreme  
Saturday – Cardio Recovery  
Sunday – Rest

## Week 9

Monday – Pump Revolution  
Tuesday – Pure Cardio & Cardio Abs  
Wednesday – Pump Extreme  
Thursday – Hardcore Abs & Plyometric Cardio Circuit  
Friday – Pump Revolution  
Saturday – Core Cardio & Balance  
Sunday – Rest

## Week 10

Monday – Pump Extreme  
Tuesday – Core Cardio & Balance  
Wednesday – Pump Revolution  
Thursday – Hardcore Abs & Core Cardio Balance  
Friday – Pump Extreme  
Saturday – Core Cardio & Balance  
Sunday – Rest

## Week 11

Monday – Pump Revolution  
Tuesday – Core Cardio & Balance  
Wednesday – Pump Extreme  
Thursday – Core Cardio & Balance  
Friday – Fit Test & Max Interval Circuit  
Saturday – Pump Revolution  
Sunday – Rest

## Week 12

Monday – Max Interval Plyo  
Tuesday – Pump Extreme  
Wednesday – Flow  
Thursday – Pump Revolution  
Friday – Max Recovery  
Saturday – Pump Extreme  
Sunday – Rest

## Week 13

Monday – Hardcore abs & Max Interval Circuit  
Tuesday – Pump Revolution  
Wednesday – Max Interval Plyo  
Thursday – Max Cardio Conditioning  
Friday – Max Interval Circuit  
Saturday – Pump Extreme  
Sunday – Rest

## **Insanity / ChaLEAN Extreme / TurboFire Hybrid**

### **Week 1**

Monday – CE Burn Circuit 1 & Ab Burner  
Tuesday – Insanity Plyo Cardio Circuit  
Wednesday – CE Burn Circuit 2  
Thursday – Fire 45  
Friday – CE Burn Circuit 3 & Insanity Cardio Abs  
Saturday – HIIT 20  
Sunday – Off

### **Week 2**

Monday – CE Burn Circuit 1  
Tuesday – Insanity Pure Cardio  
Wednesday – CE Burn Circuit 2 & Insanity Cardio Abs  
Thursday – Fire 55 EZ  
Friday – CE Burn Circuit 3  
Saturday – Insanity Plyo Cardio Circuit  
Sunday – Off

### **Week 3**

Monday – CE Burn Circuit 1 & Ab Burner  
Tuesday – HIIT 25  
Wednesday – CE Burn Circuit 2  
Thursday – Insanity Pure Cardio  
Friday – CE Burn Circuit 2 & Insanity Cardio Abs  
Saturday – Insanity Cardio Power and Resistance  
Sunday – Off

### **Week 4**

Monday – CE Burn Circuit 1 & Ab Burner  
Tuesday – Fire 45  
Wednesday – CE Burn Circuit 2  
Thursday – Fire 55 EZ  
Friday – CE Burn Circuit 3  
Saturday – Insanity Pure Cardio & Cardio Abs  
Sunday – Off

### **Week 5 – (Recovery Week)**

Monday – CE Recharge  
Tuesday – Insanity Core Cardio and Balance  
Wednesday – Stretch 40  
Thursday – Insanity Core Cardio and Balance  
Friday – CE Recharge  
Saturday – Insanity Core Cardio and Balance  
Sunday – Off

### **Week 6**

Monday – CE Push Circuit 1 & Extreme Abs  
Tuesday – Fire 60  
Wednesday – CE Push Circuit 2  
Thursday – Insanity Max Interval Circuit  
Friday – CE Burn Circuit 3 & Insanity Cardio Abs  
Saturday – HIIT 20  
Sunday – Off

### **Week 7**

Monday – CE Push Circuit 1  
Tuesday – Fire 45  
Wednesday – CE Push Circuit 2 & Ab Burner  
Thursday – Insanity Max Interval Plyo  
Friday – CE Push Circuit 3 & Ab Burner  
Saturday – Insanity Max Cardio Conditioning  
Sunday – Off

### **Week 8**

Monday – CE Push Circuit 1 & Insanity Cardio Abs  
Tuesday – HIIT 30  
Wednesday – CE Push Circuit 2  
Thursday – Insanity Core Cardio and Balance  
Friday – CE Push Circuit 3  
Saturday – Fire 30 & Core 20  
Sunday – Off

### **Week 9**

Monday – CE Push Circuit 1 & Extreme Ab Burner  
Tuesday – Insanity Max Interval Plyo  
Wednesday – CE Push Circuit 2 & Cardio Abs  
Thursday – Fire 55 EZ  
Friday – CE Push Circuit 3  
Saturday – Insanity Core Cardio and Balance  
Sunday – Off

### **Week 10 – (Recovery Week)**

Monday – CE Recharge  
Tuesday – Insanity Core Cardio and Balance  
Wednesday – Stretch 40  
Thursday – Insanity Core Cardio and Balance  
Friday – CE Recharge  
Saturday – Stretch 40  
Sunday – Off

### **Week 11**

Monday- CE Lean Circuit 1  
Tuesday- Fire 30  
Wednesday- CE Lean Circuit 2  
Thursday- Insanity Fast and Furious/Pure Cardio  
Friday- CE Lean Circuit 3  
Saturday- Stretch 40  
Sunday- Rest Day

### **Week 12**

Monday- CE Lean Circuit 1  
Tuesday- Stretch 40 and Core 20  
Wednesday- CE Lean Circuit 2 & Extreme Abs  
Thursday- Insanity Fast and Furious or Pure Cardio  
Friday- CE Lean Circuit 3  
Saturday- CE Recharge  
Sunday- Rest Day

**Week 13**

Monday- CE Lean Circuit 1  
Tuesday- Stretch 40 and Core 20  
Wednesday- CE Lean Circuit 2  
Thursday- HIIT 30 & Extreme Abs  
Friday- CE Lean Circuit 3  
Saturday- CE Recharge  
Sunday- Rest Day

**Week 14**

Monday- CE Lean Circuit 1  
Tuesday- Stretch 40 and Core 20  
Wednesday- CE Lean Circuit 2 & Extreme Abs  
Thursday- HIIT 20  
Friday- CE Lean Circuit 3  
Saturday- CE Recharge  
Sunday- Rest Day

# Insanity and Tai Cheng Hybrid

## Week 1

Monday – Fit Test & Tai Cheng Disc 1 – Standing Stances & Lift Lower

Tuesday – Pure Cardio & Abs \*

Wednesday – Tai Cheng Disc 1 Phoenix Tail & Ward Off

Thursday – Cardio Power & Resistance & Abs

Friday – Tai Cheng Disc 1 Pull Back & Press

Saturday – Plyometric Cardio Circuit & Abs

Sunday – Rest

## Week 2

Monday – Pure Cardio

Tuesday – Tai Cheng Disc 1 Press & Separate and Pull

Wednesday – Cardio Power & Resistance

Thursday – Tai Cheng Disc 2 Lift & Lower, Phoenix Tail Combo

Friday – Plyometric Cardio Circuit & Abs

Saturday – Tai Cheng Disc 2 Ward Off Pull Back Combo

Sunday – Rest

## Week 3

Monday – Fit Test & Tai Cheng Disc 2 Press and Pull & Separate Combo

Tuesday – Pure Cardio & Abs

Wednesday – Tai Cheng Disc 2 Lift & Lower, Phoenix Tail Combo

Thursday – Cardio Power & Resistance & Abs

Friday – Cardio Recovery

Saturday – Plyometric Cardio Circuit & Abs

Sunday – Rest

## Week 4

Monday – Pure Cardio & Abs

Tuesday – Tai Cheng Disc 2 Ward Off Pull Back Combo

Wednesday – Cardio Power & Resistance & Abs

Thursday – Tai Cheng Disc 2 Press and Pull & Separate Combo

Friday – Plyometric Cardio Circuit and Abs

Saturday – Tai Cheng Disc 3 Sequence 1

Sunday – Rest

## Week 5 (Recovery)

Monday – Tai Cheng Disc 3 Sequence 1

Tuesday – Core Cardio & Balance

Wednesday – Tai Cheng Disc 3 Sequence 1

Thursday – Core Cardio & Balance

Friday – Tai Cheng Disc 3 Sequence 1

Saturday – Core Cardio & Balance

Sunday – Rest

## Week 6

Monday – Fit Test

Tuesday – Tai Cheng Disc 5 Push & Single Whip Combo

Wednesday – Max Interval Circuit & Abs

Thursday – Tai Cheng Disc 5 Raise Hand & Pulling Knee

Friday – Tai Cheng Disc 5 Bear & White Crane

Saturday – Max Interval Plyo & Abs

Sunday – Rest

## Week 7

Monday – Max Cardio Conditioning

Tuesday – Tai Cheng Disc 5 Push & Single Whip Combo

Wednesday – Max Interval Circuit

Thursday – Tai Cheng Disc 5 Raise Hand & Pulling Knee

Friday – Max Interval Plyo & Abs

Saturday – Tai Cheng Disc 5 Bear & White Crane

Sunday – Rest

## Week 8

Monday – Fit Test

Tuesday – Max Cardio Conditioning & Abs

Wednesday – Tai Cheng Disc 6 Sequence 2

Thursday – Max Interval Circuit & Abs

Friday – Tai Cheng Disc 6 Sequence 2

Saturday – Max Interval Plyo Circuit & Abs

Sunday – Rest

## Week 9

Monday – Max Cardio Conditioning & Abs

Tuesday – Tai Cheng Disc 6 Sequence 2

Wednesday – Max Interval Circuit & Abs

Thursday – Tai Cheng Disc 6 Sequence 2

Friday – Max Interval Plyo and Abs

Saturday – Tai Cheng Disc 8 Brush the Knee & Play Pipa Combo

Sunday – Rest

## Week 10 (Recovery)

Monday – Tai Cheng Disc 8 Sword & Punk Kick

Tuesday – Tai Cheng Disc 8 Withdraw & Seal, Cross Hands Combo

Wednesday – Tai Cheng Disc 8 Brush the Knee & Play Pipa Combo

Thursday – Tai Cheng Disc 8 Sword & Punk Kick

Friday – Tai Cheng Disc 8 Withdraw & Seal, Cross Hands Combo

Saturday – Tai Cheng Disc 9 Sequence 3

Sunday – Rest

## Week 11

Monday – Fit Test &

Tuesday – Pure Cardio & Abs

Wednesday – Tai Cheng Disc 10 – Sequence 1 & 2

Thursday – Cardio Power & Resistance & Abs

Friday – Tai Cheng Disc 10 – Sequence 1 & 2

Saturday – Plyometric Cardio Circuit & Abs

Sunday – Rest

## Week 12

Monday – Pure Cardio

Tuesday – Tai Cheng Disc 10 – Sequence 1 & 2 with yellow band

Wednesday – Cardio Power & Resistance

Thursday – Tai Cheng Disc 10 – Sequence 1 & 2 with yellow band

Friday – Plyometric Cardio Circuit & Abs

Saturday – Tai Cheng Disc 10 – Sequence 1 & 2

Sunday – Rest

**Week 13**

Monday – Fit Test  
Tuesday – Pure Cardio & Abs  
Wednesday – Tai Cheng Disc 11 – Sequence 2 & 3  
Thursday – Cardio Power & Resistance & Abs 8  
Friday – Tai Cheng Disc 11 – Sequence 2 & 3  
Saturday – Plyometric Cardio Circuit & Abs  
Sunday – Rest

**Week 14**

Monday – Pure Cardio & Abs  
Tuesday – Tai Cheng Disc 11 – Sequence 2 & 3 with yellow band  
Wednesday – Cardio Power & Resistance & Abs  
Thursday – Tai Cheng Disc 11 – Sequence 2 & 3 with yellow band  
Friday – Plyometric Cardio Circuit and Abs  
Saturday – Tai Cheng Disc 12 Sequence 1-3  
Sunday – Rest

**Week 15 (Recovery)**

Monday – Tai Cheng Disc 12 – Sequences 1-3  
Tuesday – Core Cardio & Balance  
Wednesday – Tai Cheng Disc 12 – Sequences 1-3 green band  
Thursday – Core Cardio & Balance  
Friday – Tai Cheng Disc 12 – Sequences 1-3 green band  
Saturday – Core Cardio & Balance  
Sunday – Rest

**Week 16**

Monday – Fit Test &  
Tuesday – Pure Cardio & Abs  
Wednesday – Tai Cheng Disc 10 – Sequence 1 & 2  
Thursday – Cardio Power & Resistance & Abs  
Friday – Tai Cheng Disc 10 – Sequence 1 & 2  
Saturday – Plyometric Cardio Circuit & Abs  
Sunday – Rest

**Week 17**

Monday – Pure Cardio  
Tuesday – Tai Cheng Disc 10 – Sequence 1 & 2 with yellow band  
Wednesday – Cardio Power & Resistance  
Thursday – Tai Cheng Disc 10 – Sequence 1 & 2 with yellow band  
Friday – Plyometric Cardio Circuit & Abs  
Saturday – Tai Cheng Disc 10 – Sequence 1 & 2  
Sunday – Rest

**Week 18**

Monday – Fit Test  
Tuesday – Pure Cardio & Abs  
Wednesday – Tai Cheng Disc 11 – Sequence 2 & 3  
Thursday – Cardio Power & Resistance & Abs 8  
Friday – Tai Cheng Disc 11 – Sequence 2 & 3  
Saturday – Plyometric Cardio Circuit & Abs  
Sunday – Rest

**Week 19**

Monday – Pure Cardio & Abs  
Tuesday – Tai Cheng Disc 11 – Sequence 2 & 3 with yellow band  
Wednesday – Cardio Power & Resistance & Abs  
Thursday – Tai Cheng Disc 11 – Sequence 2 & 3 with yellow band  
Friday – Plyometric Cardio Circuit and Abs  
Saturday – Tai Cheng Disc 12 Sequence 1-3  
Sunday – Rest

**Week 20 (Recovery)**

Monday – Tai Cheng Disc 12 – Sequences 1-3  
Tuesday – Core Cardio & Balance  
Wednesday – Tai Cheng Disc 12 – Sequences 1-3 green band  
Thursday – Core Cardio & Balance  
Friday – Tai Cheng Disc 12 – Sequences 1-3 green band  
Saturday – Core Cardio & Balance  
Sunday – Rest



# ChaLEAN Extreme and Insanity Hybrid

## Week 1

Monday – CE Burn Circuit 1 & Ab Burner  
Tuesday – Insanity Plyo Cardio Circuit  
Wednesday – CE Burn Circuit 2  
Thursday – Insanity Cardio Power and Resistance  
Friday – CE Burn Circuit 3 & Insanity Cardio Abs  
Saturday – Insanity Pure Cardio  
Sunday – Off

## Week 2

Monday – CE Burn Circuit 1  
Tuesday – Insanity Pure Cardio  
Wednesday – CE Burn Circuit 2 & Insanity Cardio Abs  
Thursday – Insanity Cardio Power and Resistance  
Friday – CE Burn Circuit 3  
Saturday – Insanity Plyo Cardio Circuit  
Sunday – Off

## Week 3

Monday – CE Burn Circuit 1 & Ab Burner  
Tuesday – Insanity Plyo Cardio Circuit  
Wednesday – CE Burn Circuit 2  
Thursday – Insanity Pure Cardio  
Friday – CE Burn Circuit 2 & Insanity Cardio Abs  
Saturday – Insanity Cardio Power and Resistance  
Sunday – Off

## Week 4

Monday – CE Burn Circuit 1 & Ab Burner  
Tuesday – Insanity Cardio Power and Resistance  
Wednesday – CE Burn Circuit 2  
Thursday – Insanit Plyo Cardio Circuit  
Friday – CE Burn Circuit 3  
Saturday – Insanity Pure Cardio & Cardio Abs  
Sunday – Off

## Week 5 – (Recovery Week)

Monday – CE Recharge  
Tuesday – Insanity Core Cardio and Balance  
Wednesday – CE Recharge  
Thursday – Insanity Core Cardio and Balance  
Friday – CE Recharge  
Saturday – Insanity Core Cardio and Balance  
Sunday – Off

## Week 6

Monday – CE Push Circuit 1 & Extreme Abs  
Tuesday – Insanity Max Cardio Conditioning  
Wednesday – CE Push Circuit 2  
Thursday – Insanity Max Interval Circuit  
Friday – CE Burn Circuit 3 & Insanity Cardio Abs  
Saturday – Insanity Max Interval Plyo  
Sunday – Off

## Week 7

Monday – CE Push Circuit 1  
Tuesday – Insanity Max Interval Circuit  
Wednesday -CE Push Circuit 2 & Ab Burner  
Thursday – Insanity Max Interval Plyo  
Friday – CE Push Circuit 3 & Ab Burner  
Saturday – Insanity Max Cardio Conditioning  
Sunday – Off

## Week 8

Monday – CE Push Circuit 1 & Insanity Cardio Abs  
Tuesday – Insanity Plyo Cardio Circuit  
Wednesday – CE Push Circuit 2  
Thursday – Insanity Core Cardio and Balance  
Friday – CE Push Circuit 3 & Extreme Ab Burner  
Saturday – Insanity Max Interval Circuit  
Sunday – Off

## Week 9

Monday – CE Push Circuit 1 & Extreme Ab Burner  
Tuesday – Insanity Max Interval Plyo  
Wednesday – CE Push Circuit 2 & Cardio Abs  
Thursday – Insanity Max Cardio Conditioning  
Friday – CE Push Circuit 3  
Saturday – Insanity Core Cardio and Balance  
Sunday – Off

## Week 10 – (Recovery Week)

Monday – CE Recharge  
Tuesday – Insanity Core Cardio and Balance  
Wednesday – CE Recharge  
Thursday – Insanity Core Cardio and Balance  
Friday – CE Recharge  
Saturday – Insanity Core Cardio and Balance  
Sunday – Off

## Week 11

Monday- CE Lean Circuit 1  
Tuesday- Rest Day  
Wednesday- CE Lean Circuit 2  
Thursday-Insanity Fast and Furious/Pure Cardio  
Friday- CE Lean Circuit 3  
Saturday- CE Recharge  
Sunday-Rest Day

## Week 12

Monday- CE Lean Circuit 1  
Tuesday- Rest Day  
Wednesday- CE Lean Circuit 2 & Extreme Abs  
Thursday- Insanity Fast and Furious/Pure Cardio  
Friday- CE Lean Circuit 3  
Saturday- CE Recharge  
Sunday-Rest Day

**Week 13**

Monday- CE Lean Circuit 1

Tuesday- Rest Day

Wednesday- CE Lean Circuit 2 & Extreme Abs

Thursday- Insanity Fast and Furious/Pure Cardio

Friday- CE Lean Circuit 3

Saturday- CE Recharge

Sunday-Rest Day

**Week 14**

Monday- CE Lean Circuit 1

Tuesday- Rest Day

Wednesday- CE Lean Circuit 2 & Extreme Abs

Thursday- Insanity Fast and Furious/Pure Cardio

Friday- CE Lean Circuit 3

Saturday- CE Recharge

Sunday-Rest Day

## **Insanity-Les Mills PUMP-ChaLEAN Extreme Hybrid**

### **Week 1**

Monday – Pump Challenge  
Tuesday – Fit Test  
Wednesday – Pump Challenge  
Thursday – Flow & Plyometric Cardio Circuit  
Friday – Pump Challenge  
Saturday – Hardcore abs & Cardio Power & Resistance  
Sunday – Rest

### **Week 2**

Monday – ChaLEAN Extreme Burn 1 & Ab Burner  
Tuesday – Cardio Recovery  
Wednesday – ChaLEAN Extreme Burn 2 & Extreme Abs  
Thursday – Flow & Pure Cardio  
Friday – ChaLEAN Extreme Burn 3  
Saturday – Hardcore Abs & Plyometric Cardio Circuit  
Sunday – Rest

### **Week 3**

Monday – Pump & Burn  
Tuesday – Hardcore abs & Cardio Power & Resistance  
Wednesday – Pump & burn  
Thursday – Flow & Hardcore Abs & Pure Cardio (longer workout day \*\*)  
Friday – Pump & Burn  
Saturday – Hardcore abs & Cardio Circuit  
Sunday – Rest

### **Week 4**

Monday – ChaLEAN Extreme Burn 1 & Ab Burner  
Tuesday – Pure Cardio  
Wednesday – Hardcore abs & Cardio Recovery  
Thursday – ChaLEAN Extreme Burn 2  
Friday – Pump & Burn  
Saturday – ChaLEAN Extreme Burn 3 & Cardio Abs  
Sunday – Rest

### **Week 5**

Monday – Pump & Shred  
Tuesday – Hardcore Abs & Pure Cardio & Cardio Abs  
Wednesday – Pump & Shred  
Thursday – Flow & Hardcore Abs & Cardio Recovery  
Friday – Cardio Power & Resistance  
Saturday – Pump & Shred  
Sunday – Rest

### **Week 6**

Monday – ChaLEAN Extreme PUSH 1  
Tuesday – Pure Cardio & Cardio Abs  
Wednesday – ChaLEAN Extreme PUSH 2  
Thursday – Flow & Hardcore Abs & Cardio Recovery  
Friday – ChaLEAN Extreme PUSH 3  
Saturday – Power Cardio & Resistance  
Sunday – Rest

### **Week 7**

Monday – Pump & Burn & Hardcore Abs  
Tuesday – Pump Revolution  
Wednesday – Hardcore Abs & Plyometric Cardio Circuit  
Thursday – Pump & Shred  
Friday – Hardcore Abs & Pure Cardio & Cardio Abs  
Saturday – Cardio Circuit  
Sunday – Rest

### **Week 8**

Monday – ChaLEAN Extreme PUSH 1  
Tuesday – Hardcore Abs & Cardio Power & Resistance  
Wednesday – ChaLEAN Extreme PUSH 2  
Thursday – Hardcore Abs & Plyometric Cardio Circuit  
Friday – ChaLEAN Extreme PUSH 3  
Saturday – Cardio Recovery  
Sunday – Rest

### **Week 9**

Monday – Pump Revolution  
Tuesday – Pure Cardio & Cardio Abs  
Wednesday – Pump Extreme  
Thursday – Hardcore Abs & Plyometric Cardio Circuit  
Friday – Pump Revolution  
Saturday – Core Cardio & Balance  
Sunday – Rest

### **Week 10**

Monday – ChaLEAN Extreme Lean 1  
Tuesday – Core Cardio & Balance  
Wednesday – ChaLEAN Extreme Lean 2  
Thursday – Hardcore Abs & Core Cardio Balance  
Friday – ChaLEAN Extreme Lean 3  
Saturday – Core Cardio & Balance  
Sunday – Rest

### **Week 11**

Monday – Pump Revolution  
Tuesday – Core Cardio & Balance  
Wednesday – Pump Extreme  
Thursday – Core Cardio & Balance  
Friday – Fit Test & Max Interval Circuit  
Saturday – Pump Revolution  
Sunday – Rest

### **Week 12**

Monday – ChaLEAN Extreme Lean 1  
Tuesday – Max Interval Plyo  
Wednesday – Flow  
Thursday – ChaLEAN Extreme Lean 2  
Friday – Max Recovery  
Saturday – ChaLEAN Extreme Lean 3  
Sunday – Rest

### **Week 13**

Monday – Hardcore abs & Max Interval Circuit  
Tuesday – Pump Revolution  
Wednesday – Max Interval Plyo  
Thursday – Max Cardio Conditioning  
Friday – Max Interval Circuit  
Saturday – Pump Extreme  
Sunday – Rest