INSANITY CALENDAR

Wednesday

CARDIO

POWER &

RESISTANCE

Thursday

CARDIO

RECOVERY

Friday

PURE

CARDIO

Saturday

PLYOMETRIC

CARDIO

CIRCUIT

Sunday

OFF

Tuesday

PLYOMETRIC

CARDIO

CIRCUIT

Monday

FIT TEST

						7 100.01.001.000.000.000.00	
PHASE 1	CARDIO POWER & RESISTANCE	PURE CARDIO	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PURE CARDIO & CARDIO ABS	OFF
	FIT TEST	PLYOMETRIC CARDIO CIRCUIT	PURE CARDIO & CARDIO ABS	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	OFF
	PURE CARDIO & CARDIO ABS	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	PURE CARDIO & CARDIO ABS	PLYOMETRIC CARDIO CIRCUIT	OFF
	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	OFF
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	OFF
, ji ji ji	MAX INTERVAL	INTERVAL		5/20/20/20/20/20	INTERVAL	INTERVAL	OFF
PHASE 2	MAX INTERVAL CIRCUIT MAX CARDIO	INTERVAL PLYO MAX INTERVAL	MAX INTERVAL	RECOVERY	INTERVAL CIRCUIT MAX CARDIO CONDITIONING	INTERVAL PLYO CORE CARDIO	1000000

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