

# Insanity

Enter Start Date: **5-Aug-09**

Week 1	5-Aug	6-Aug	7-Aug
	Fit Test	X	Plyometric Cardio Circuit
			Cardio Power & Resistance
Week 2	12-Aug	13-Aug	14-Aug
	Cardio Power & Resistance		Pure Cardio
			Plyometric Cardio Circuit
Week 3	19-Aug	20-Aug	21-Aug
	Fit Test		Plyometric Cardio Circuit
			Pure Cardio & Cardio Abs
Week 4	26-Aug	27-Aug	28-Aug
	Pure Cardio & Cardio Abs		Cardio Power & Resistance
			Plyometric Cardio Circuit
Week 5	2-Sep	3-Sep	4-Sep
	Core Cardio & Balance		Core Cardio & Balance
			Core Cardio & Balance
Week 6	9-Sep	10-Sep	11-Sep
	Fit Test & Max Inter		Max Interval Plyo
			Max Cardio Conditioning
Week 7	16-Sep	17-Sep	18-Sep
	Max Cardio Conditioning		Max Interval Circuit
			Max Interval Plyo
Week 8	23-Sep	24-Sep	25-Sep
	Fit Test & Max Inter		Max Interval Plyo
			Max Cardio Conditioning & Cardio Abs
Week 9	30-Sep	1-Oct	2-Oct
	Max Interval Plyo		Max Cardio Conditioning & Cardio Abs
			Max Interval Circuit

# Calendar

End Date:

8-Aug	9-Aug	10-Aug	11-Aug
Cardio Recovery	Pure Cardio	Plyometric Cardio Circuit	Off
15-Aug	16-Aug	17-Aug	18-Aug
Cardio Recovery	Cardio Power & Resistance	Pure Cardio & Cardio Abs	Off
22-Aug	23-Aug	24-Aug	25-Aug
Cardio Recovery	Cardio Power & Resistance	Plyometric Cardio Circuit	Off
29-Aug	30-Aug	31-Aug	1-Sep
Cardio Recovery	Pure Cardio & Cardio Abs	Plyometric Cardio Circuit	Off
5-Sep	6-Sep	7-Sep	8-Sep
Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Off
12-Sep	13-Sep	14-Sep	15-Sep
Max Recovery	Max Interval Circuit	Max Interval Plyo	Off
19-Sep	20-Sep	21-Sep	22-Sep
Max Recovery	Max Cardio Conditioning & Cardio Abs	Core Cardio & Balance	Off
26-Sep	27-Sep	28-Sep	29-Sep
Max Recovery	Max Interval Circuit	Core Cardio & Balance	Off
3-Oct	4-Oct	5-Oct	6-Oct
Core Cardio & Balance	Max Interval Plyo	Max Cardio Conditioning & Cardio Abs	<a href="#">Fit Test</a>

Move	Fit Test 1	Fit Test 2	Fit Test 3
1. Switch Kicks			
2. Power Jacks			
3. Power Knees			
4. Power Jumps			
5. Globe Jumps			
6. Suicide Jumps			
7. Push-Up Jacks			
8. Low Plank Oblique			

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Fit Test 4	Fit Test 5