

Enter Start Date: 12-Aug

Week 1	12-Aug	13-Aug
Insanity	<a href="#">Fit Test</a>	Plyometric Cardio Circuit
Week 2	19-Aug	20-Aug
Insanity	Cardio Power & Resistance	Pure Cardio
Week 3	26-Aug	27-Aug
Insanity	<a href="#">Fit Test</a>	Plyometric Cardio Circuit
Week 4	2-Sep	3-Sep
Insanity	Pure Cardio	Cardio Power & Resistance
	Cardio Abs	
Week 5	9-Sep	10-Sep
Recovery	Core Cardio & Balance	Core Cardio & Balance
Week 6	16-Sep	17-Sep
Insanity	<a href="#">Fit Test</a>	Max Interval Plyo
	Max Interval Circuit	
Week 7	23-Sep	24-Sep
Insanity	Max Cardio Conditioning	Max Interval Circuit
Week 8	30-Sep	1-Oct
Insanity	<a href="#">Fit Test</a>	Max Interval Plyo
	Max Interval Circuit	
Week 9	7-Oct	8-Oct
Insanity	Max Interval Plyo	Max Cardio Conditioning
		Insane Abs

# Insanity - Dig Deeper!

14-Aug		15-Aug		16-Aug	
Cardio Power & Resistance		Cardio Recovery		Pure Cardio	
21-Aug		22-Aug		23-Aug	
Plyometric Cardio Circuit		Cardio Recovery		Cardio Power & Resistance	
28-Aug		29-Aug		30-Aug	
Pure Cardio		Cardio Recovery		Cardio Power & Resistance	
Cardio Abs					
4-Sep		5-Sep		6-Sep	
Plyometric Cardio Circuit		Cardio Recovery		Pure Cardio	
				Cardio Abs	
11-Sep		12-Sep		13-Sep	
Core Cardio & Balance		Core Cardio & Balance		Core Cardio & Balance	
18-Sep		19-Sep		20-Sep	
Max Cardio Conditioning		Max Recovery		Max Interval Circuit	
25-Sep		26-Sep		27-Sep	
Max Interval Plyo		Max Recovery		Max Cardio Conditioning	
				Insane Abs	
2-Oct		3-Oct		4-Oct	
Max Cardio Conditioning		Max Recovery		Max Interval Circuit	
Insane Abs					
9-Oct		10-Oct		11-Oct	
Max Interval Circuit		Max Interval Sports Training		Max Interval Plyo	

End Date: 13-Oct

17-Aug		18-Aug	
Plyometric Cardio Circuit		Off	
24-Aug		25-Aug	
Pure Cardio		Off	
Cardio Abs			
31-Aug		1-Sep	
Plyometric Cardio Circuit		Off	
7-Sep		8-Sep	
Plyometric Cardio Circuit		Off	
14-Sep		15-Sep	
Core Cardio & Balance		Off	
21-Sep		22-Sep	
Max Interval Plyo		Off	
28-Sep		29-Sep	
Max Interval Sports Training		Off	
5-Oct		6-Oct	
Max Interval Sports Training		Off	
12-Oct		13-Oct	
Max Cardio Conditioning		<a href="#">Fit Test</a>	
Insane Abs			

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# Fit Test

Date	12-Aug	26-Aug	16-Sep
Move	Fit Test 1	Fit Test 2	Fit Test 3
Switch Kicks			
Power Jacks			
Power Knees			
Power Jumps			
Globe Jumps			
Suicide Jumps			
Push-Up Jacks			
Low Plank Oblique			
Measurements			
Weight			
BMI			
Body Fat %			
Neck			
Chest			
Waist			
Hips			
Right Thigh			
Left Thigh			
Right Calf			
Left Calf			
Right Bicep			
Left Bicep			
Right Forearm			
Left Forearm			

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