

INSANITY MAX 30 WORKOUT SCHEDULE – MONTH 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio Challenge <i>Take your „Day1“ pics & stats</i> max out: _____	Tabata Power max out: _____	Sweat Intervals max out: _____	Tabata Power max out: _____	Friday Fight: R1 max out: _____	REST or PULSE <i>(optional)</i> max out: _____	REST
Week 2	Cardio Challenge max out: _____	Tabata Power max out: _____	Sweat Intervals max out: _____	Tabata Power max out: _____	Friday Fight: R1 max out: _____	REST or PULSE <i>(optional)</i> max out: _____	REST
Week 3	Cardio Challenge max out: _____	Tabata Strength max out: _____	Sweat Intervals max out: _____	Tabata Strength max out: _____	Friday Fight: R1 max out: _____	REST or PULSE <i>(optional)</i> max out: _____	REST
Week 4	Cardio Challenge max out: _____	Tabata Strength max out: _____	Sweat Intervals max out: _____	Tabata Strength max out: _____	Friday Fight: R1 max out: _____	REST or PULSE <i>(optional)</i> max out: _____	REST <i>Take your „Day30“ pics & stats</i>

INSANITY MAX 30 WORKOUT SCHEDULE – MONTH 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Max Out Cardio <u>max out:</u>	Max Out Power <u>max out:</u>	Max Out Sweat <u>max out:</u>	Max Out Strength <u>max out:</u>	Friday Fight: R2 <u>max out:</u>	REST or PULSE <i>(optional)</i> <u>max out:</u>	REST
Week 2	Max Out Cardio <u>max out:</u>	Max Out Power <u>max out:</u>	Max Out Sweat <u>max out:</u>	Max Out Strength <u>max out:</u>	Friday Fight: R2 <u>max out:</u>	REST or PULSE <i>(optional)</i> <u>max out:</u>	REST
Week 3	Max Out Cardio <u>max out:</u>	Max Out Power <u>max out:</u>	Max Out Sweat <u>max out:</u>	Max Out Strength <u>max out:</u>	Friday Fight: R2 <u>max out:</u>	REST or PULSE <i>(optional)</i> <u>max out:</u>	REST
Week 4	Max Out Cardio <u>max out:</u>	Max Out Power <u>max out:</u>	Max Out Sweat <u>max out:</u>	Max Out Strength <u>max out:</u>	Friday Fight: R2 <u>max out:</u>	Cardio Challenge <i>(optional)</i> <u>max out:</u>	Chall. Complete <i>Take your „Day60“ pics & stats</i>