

# INSANITY CALENDAR

|         |                                 |                                 |                                 |                             |                                 |                                 |        |
|---------|---------------------------------|---------------------------------|---------------------------------|-----------------------------|---------------------------------|---------------------------------|--------|
| PHASE 1 | Monday                          | Tuesday                         | Wednesday                       | Thursday                    | Friday                          | Saturday                        | Sunday |
|         | FIT TEST                        | PLYOMETRIC<br>CARDIO<br>CIRCUIT | CARDIO<br>POWER &<br>RESISTANCE | CARDIO<br>RECOVERY          | PURE<br>CARDIO                  | PLYOMETRIC<br>CARDIO<br>CIRCUIT | OFF    |
|         | CARDIO<br>POWER &<br>RESISTANCE | PURE<br>CARDIO                  | PLYOMETRIC<br>CARDIO<br>CIRCUIT | CARDIO<br>RECOVERY          | CARDIO<br>POWER &<br>RESISTANCE | PURE CARDIO<br>& CARDIO<br>ABS  | OFF    |
|         | FIT TEST                        | PLYOMETRIC<br>CARDIO<br>CIRCUIT | PURE CARDIO<br>& CARDIO<br>ABS  | CARDIO<br>RECOVERY          | CARDIO<br>POWER &<br>RESISTANCE | PLYOMETRIC<br>CARDIO<br>CIRCUIT | OFF    |
|         | PURE CARDIO<br>& CARDIO<br>ABS  | CARDIO<br>POWER &<br>RESISTANCE | PLYOMETRIC<br>CARDIO<br>CIRCUIT | CARDIO<br>RECOVERY          | PURE CARDIO<br>& CARDIO<br>ABS  | PLYOMETRIC<br>CARDIO<br>CIRCUIT | OFF    |
|         | CORE<br>CARDIO<br>& BALANCE     | CORE<br>CARDIO<br>& BALANCE     | CORE<br>CARDIO<br>& BALANCE     | CORE<br>CARDIO<br>& BALANCE | CORE<br>CARDIO<br>& BALANCE     | CORE<br>CARDIO<br>& BALANCE     | OFF    |

|                         |   |                            |   |                         |   |                              |        |
|-------------------------|---|----------------------------|---|-------------------------|---|------------------------------|--------|
| PHASE 2                 | Monday                                      | Tuesday                    | Wednesday                                   | Thursday                | Friday                                      | Saturday                     | Sunday |
|                         | FIT TEST &<br>MAX INTERVAL<br>CIRCUIT       | MAX<br>INTERVAL<br>PLYO    | MAX CARDIO<br>CONDITIONING                  | MAX<br>RECOVERY         | MAX<br>INTERVAL<br>CIRCUIT                  | MAX<br>INTERVAL<br>PLYO      | OFF    |
|                         | MAX CARDIO<br>CONDITIONING                  | MAX<br>INTERVAL<br>CIRCUIT | MAX<br>INTERVAL<br>PLYO                     | MAX<br>RECOVERY         | MAX CARDIO<br>CONDITIONING<br>& CARDIO ABS* | CORE<br>CARDIO<br>& BALANCE* | OFF    |
|                         | FIT TEST &<br>MAX INTERVAL<br>CIRCUIT       | MAX<br>INTERVAL<br>PLYO    | MAX CARDIO<br>CONDITIONING<br>& CARDIO ABS* | MAX<br>RECOVERY         | MAX<br>INTERVAL<br>CIRCUIT                  | CORE<br>CARDIO<br>& BALANCE* | OFF    |
| MAX<br>INTERVAL<br>PLYO | MAX CARDIO<br>CONDITIONING<br>& CARDIO ABS* | MAX<br>INTERVAL<br>CIRCUIT | CORE<br>CARDIO<br>& BALANCE*                | MAX<br>INTERVAL<br>PLYO | MAX CARDIO<br>CONDITIONING<br>& CARDIO ABS* | FIT TEST                     |        |

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