

# INSANITY

# WORKOUT SCHEDULE

MONTH  
2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FIT TEST  
MAX INTERVAL  
CIRCUIT

MAX  
INTERVAL  
PLYO

MAX  
CARDIO  
CONDITIONING

MAX CARDIO  
RECOVERY

MAX  
INTERVAL  
CIRCUIT

MAX  
INTERVAL  
PLYO

REST

MAX  
CARDIO  
CONDITIONING

MAX  
INTERVAL  
CIRCUIT

MAX  
INTERVAL  
PLYO

MAX CARDIO  
RECOVERY

MAX  
CARDIO  
CONDITIONING  
CARDIO ABS

CORE CARDIO  
AND BALANCE

REST

FIT TEST  
MAX INTERVAL  
CIRCUIT

MAX  
INTERVAL  
PLYO

MAX CARDIO  
CONDITIONING  
CARDIO ABS

MAX CARDIO  
RECOVERY

MAX  
INTERVAL  
CIRCUIT

CORE CARDIO  
AND BALANCE

REST

MAX  
INTERVAL PLYO

MAX CARDIO  
CONDITIONING  
CARDIO ABS

MAX  
INTERVAL  
CIRCUIT

CORE CARDIO  
AND BALANCE

MAX  
INTERVAL  
PLYO

MAX CARDIO  
CONDITIONING  
CARDIO ABS

FIT TEST