

INSANITY

Workout Calendar

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
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CORE CARDIO
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MAX
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MAX CARDIO
CONDITIONING
CARDIO ABS

FIT TEST