

INSANITY®

MAX 30 WORKOUT SCHEDULE

MONTH
1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS	TABATA POWER	FRIDAY FIGHT ROUND 1	PULSE	REST
CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS	TABATA POWER	FRIDAY FIGHT ROUND 1	PULSE	REST
CARDIO CHALLENGE	TABATA STRENGTH	SWEAT INTERVALS	TABATA STRENGTH	FRIDAY FIGHT ROUND 1	PULSE	REST
CARDIO CHALLENGE	TABATA STRENGTH	SWEAT INTERVALS	TABATA STRENGTH	FRIDAY FIGHT ROUND 1	PULSE	REST