

INSANITY®

MAX 30 WORKOUT SCHEDULE

MONTH
2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT ROUND 2	PULSE	REST
MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT ROUND 2	PULSE	REST
MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT ROUND 2	PULSE	REST
MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT ROUND 2	CARDIO CHALLENGE	REST