

CHECK A BOX EVERY DAY YOU DO YOUR INSANITY® WORKOUT.

### MONTH 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	FIT TEST	PLYOMETRIC CARDIO CIRCUIT	CARDIO POWER & RESISTANCE	CARDIO RECOVERY	PURE CARDIO	PLYOMETRIC CARDIO CIRCUIT	OFF
<b>WEEK 2</b>	CARDIO POWER & RESISTANCE	PURE CARDIO	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PURE CARDIO & CARDIO ABS	OFF
<b>WEEK 3</b>	FIT TEST	PLYOMETRIC CARDIO CIRCUIT	PURE CARDIO & CARDIO ABS	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	OFF
<b>WEEK 4</b>	PURE CARDIO & CARDIO ABS	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	PURE CARDIO & CARDIO ABS	PLYOMETRIC CARDIO CIRCUIT	OFF

### RECOVERY WEEK

	1	2	3	4	5	6	7
<b>RECOVERY WEEK</b>	CORE CARDIO & BALANCE	OFF					

### MONTH 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 5</b>	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	OFF
<b>WEEK 6</b>	MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX RECOVERY	MAX CARDIO CONDITIONING & CARDIO ABS*	CORE CARDIO & BALANCE*	OFF
<b>WEEK 7</b>	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS*	MAX RECOVERY	MAX INTERVAL CIRCUIT	CORE CARDIO & BALANCE*	OFF
<b>WEEK 8</b>	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS*	MAX INTERVAL CIRCUIT	CORE CARDIO & BALANCE*	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & 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. Send in your "before" and "after" pictures and get your FREE INSANITY T-shirt. Learn more at Beachbody.com.

### FIT TEST

You can also find this Fit Test on the DIG DEEPER DVD. Perform each of the exercises listed below for 1 minute. Do as many reps as you can in 1 minute and record below. Rest when needed. Be sure to warm up first.



MOVE	FIT TEST 1 (DAY 1)	FIT TEST 2 (DAY 15)	FIT TEST 3 (DAY 35)	FIT TEST 4 (DAY 50)	FIT TEST 5 (DAY 63)
1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					

# INSANITY®

## 60-DAY WORKOUT CALENDAR