

INSANITY

WORKOUT SCHEDULE

MONTH
1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FIT TEST

PLYOMETRICS
CARDIO
CIRCUIT

CARDIO POWER
AND
RESISTANCE

CARDIO
RECOVERY

PURE CARDIO

PLYOMETRICS
CARDIO
CIRCUIT

REST

CARDIO
POWER AND
RESISTANCE

PURE CARDIO

PLYOMETRICS
CARDIO
CIRCUIT

CARDIO
RECOVERY

CARDIO POWER
AND
RESISTANCE

PURE CARDIO
CARDIO ABS

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AND BALANCE

REST