

CHECK A BOX EVERY DAY YOU DO YOUR INSANITY WORKOUT.

## MONTH 1

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

## RECOVERY WEEK

RECOVERY WEEK	1	2	3	4	5	6	7
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	OFF

## MONTH 2

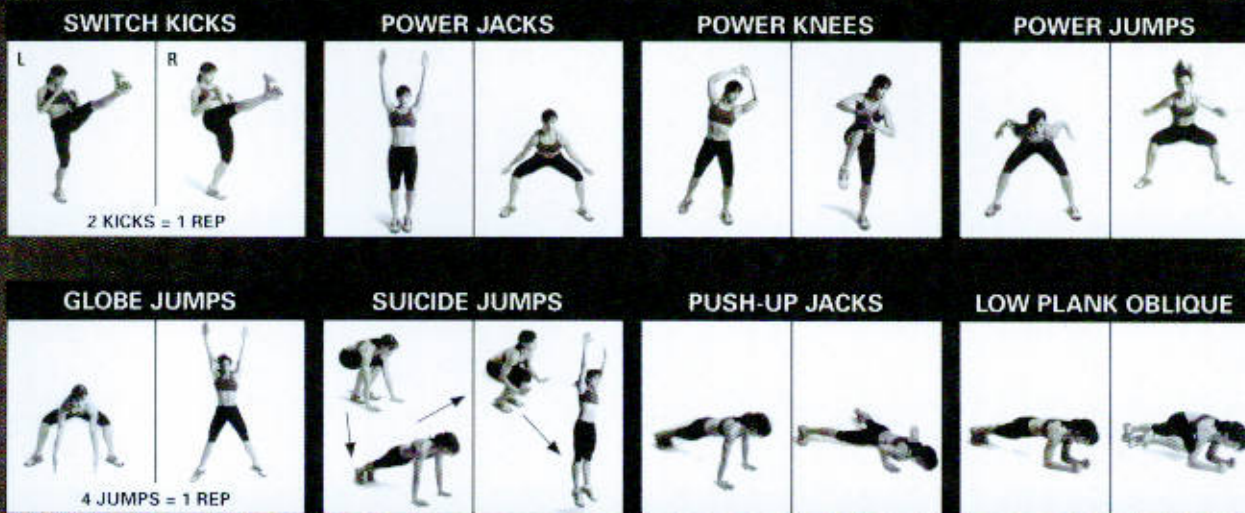
WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	OFF
WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

	MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX RECOVERY	MAX CARDIO CONDITIONING & CARDIO ABS*	CORE CARDIO AND BALANCE*	OFF
<b>WEEK 7</b>	MONDAY FIT TEST & MAX INTERVAL CIRCUIT	TUESDAY MAX INTERVAL PLYO	WEDNESDAY MAX CARDIO CONDITIONING & CARDIO ABS*	THURSDAY MAX RECOVERY	FRIDAY MAX INTERVAL CIRCUIT	SATURDAY CORE CARDIO AND BALANCE*	SUNDAY OFF
<b>WEEK 8</b>	MONDAY MAX INTERVAL PLYO	TUESDAY MAX CARDIO CONDITIONING & CARDIO ABS*	WEDNESDAY MAX INTERVAL CIRCUIT	THURSDAY CORE CARDIO AND BALANCE*	FRIDAY MAX INTERVAL PLYO	SATURDAY MAX CARDIO CONDITIONING & CARDIO ABS*	SUNDAY 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.

## FIT TEST

You can also find this Fit Test on the DIG DEEPER DVD. Perform each of the exercises listed below for one minute. Do as many reps as you can in one 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 36)	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					