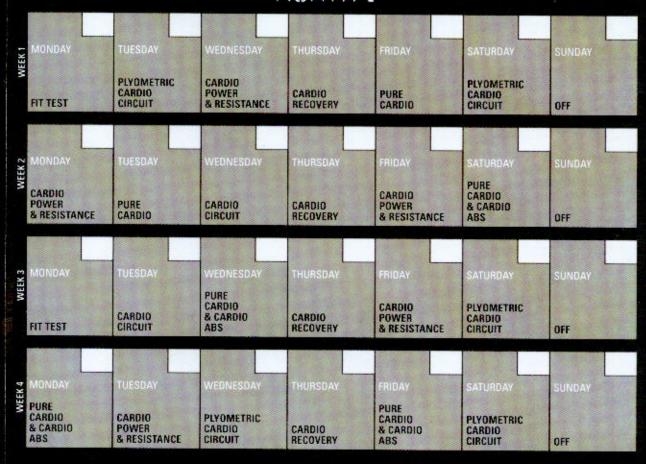
CHECK A BOX EVERY DAY YOU DO YOUR INSANITY WORKOUT.

MONTH 1



RECOVERY WEEK

1 MONDAY	2	3	4	5	_6 _	7
CORE	CORE	CORE	CORE	CORE	CORE	SUNDAY
CARDIO	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO	
AND	AND	AND	AND	AND	AND	
BALANCE	BALANCE	BALANCE	BALANCE	BALANCE	BALANCE	

MONTH 2

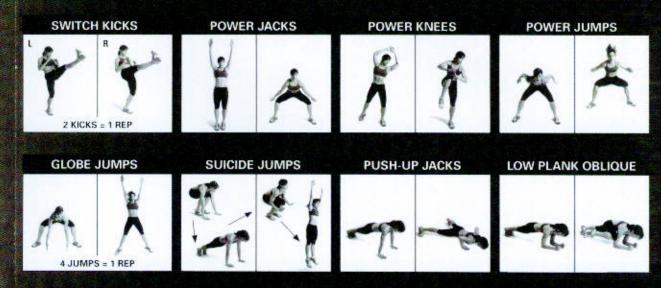
(5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	DFF
VEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

	CARDIO CONDITIONING	INTERVAL	INTERVAL PLYO	MAX RECOVERY	CONDITIONING & CARDIO ABS*	CARDIO AND BALANCE*	OFF
WEEK 7	MONDAY HIT TEST & MAX	TUESDAY	WEDNESDAY MAX CARDID	THURSDAY	ERIDAY	SATURDAY	SUNDAY
	INTERVAL CIRCUIT	INTERVAL PLYO	CONDITIONING & CARDIO ABS*	MAX RECOVERY	INTERVAL	CARDIO AND BALANCE*	OFF
K 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 8	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS*	MAX INTERVAL CIRCUIT	CORE CARDIO AND 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.

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	FIT TEST 2	FIT TEST 3	FIT TEST 4	FIT TEST 5
1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES				The state of the s	
4. POWER JUMPS					
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					