

INSANITY MAX:30 ABS MAXIMIZER WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE Take your "Day 1" pics & stats MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 2	CARDIO CHALLENGE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 3	CARDIO CHALLENGE MAX OUT ABS** MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* 360° ABS** MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 4	CARDIO CHALLENGE 360° ABS** MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* MAX OUT ABS** MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST Take your "Day 30" pics & stats