Start Date:	
BF%:	
Weight:	

Insanity Workout Calendar

	Phase 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio Challenge	Tabata Power	Sweat Intervals	Tabata Power	Friday Fight Round 1	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 2	Cardio Challenge Ab Attack: 10	Tabata Power	Sweat Intervals Ab Attack: 10	Tabata Power	Friday Fight Round 1	Pulse Ab Attack: 10	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 3	Cardio Challenge MAX OUT Abs	Tabata Power	Sweat Intervals 360 Abs	Tabata Power	Friday Fight Round 1	Pulse Ab Attack: 10	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 4	Cardio Challenge 360 Abs	Tabata Power	Sweat Intervals MAX OUT Abs	Tabata Power	Friday Fight Round 1	Pulse Ab Attack: 10	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		

	Phase 2			BF%:		Weight:	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	MAX OUT Cardio	MAX OUT Power	MAX OUT SWEAT	MAX OUT Strength	Friday Fight Round 2	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 6	MAX OUT Cardio Ab Attack: 10	MAX OUT Power	MAX OUT SWEAT Ab Attack: 10	MAX OUT Strength	Friday Fight Round 2	Pulse Ab Attack: 10	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 7	MAX OUT Cardio MAX OUT Abs	MAX OUT Power	MAX OUT SWEAT 360 Abs	MAX OUT Strength	Friday Fight Round 2	Pulse Ab Attack: 10	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 8	MAX OUT Cardio 360 Abs	MAX OUT Power	MAX OUT SWEAT MAX OUT Abs	MAX OUT Strength	Friday Fight Round 2	Cardio Challenge	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT	