CHECK A BOX EVERY DAY YOU DO YOUR INSANITY WORKOUT.

MONTH 1

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

RECOVERY WEEK

	1	2	3	4	5	6	7
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RECOVERY WEEK	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