

INSANITY

Workout Schedule

SUN	REST	REST	REST	REST	REST
MON	FIT TEST	CARDIO POWER AND RESISTANCE	FIT TEST	PURE CARDIO + CARDIO ABS	CORE CARDIO AND BALANCE
TUE	PLYOMETRICS CARDIO CIRCUIT	PURE CARDIO	PLYOMETRICS CARDIO CIRCUIT	CARDIO POWER AND RESISTANCE	CORE CARDIO AND BALANCE
WED	CARDIO POWER AND RESISTANCE	PLYOMETRICS CARDIO CIRCUIT	PURE CARDIO + CARDIO ABS	PLYOMETRICS CARDIO CIRCUIT	CORE CARDIO AND BALANCE
THU	CARDIO RECOVERY	CARDIO RECOVERY	CARDIO RECOVERY	CARDIO RECOVERY	CORE CARDIO AND BALANCE
FRI	PURE CARDIO	CARDIO POWER AND RESISTANCE	CARDIO POWER AND RESISTANCE	PURE CARDIO + CARDIO ABS	CORE CARDIO AND BALANCE
SAT	PLYOMETRICS CARDIO CIRCUIT	PURE CARDIO + CARDIO ABS	PLYOMETRICS CARDIO CIRCUIT	PLYOMETRICS CARDIO CIRCUIT	CORE CARDIO AND BALANCE