

Insanity Workout Calendar

Month 1							
Week 1	1	2	3	4	5	6	7
	Fit Test	Plyometric Cardio Circuit	Cardio Power & Resistance	Cardio Recovery	Pure Cardio	Plyometric Cardio Circuit	Rest
Week 2	8	9	10	11	12	13	14
	Cardio Power & Resistance	Pure Cardio	Plyometric Cardio Circuit	Cardio Recovery	Cardio Power & Resistance	Pure Cardio & Cardio Abs	Rest
Week 3	15	16	17	18	19	20	21
	Fit Test	Plyometric Cardio Circuit	Pure Cardio & Cardio Abs	Cardio Recovery	Cardio Power & Resistance	Plyometric Cardio Circuit	Rest
Week 4	22	23	24	25	26	27	28
	Pure Cardio & Cardio Abs	Cardio Power & Resistance	Plyometric Cardio Circuit	Cardio Recovery	Pure Cardio & Cardio Abs	Plyometric Cardio Circuit	Rest
Recovery Week							
Week 5	29	30	31	32	33	34	35
	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Rest
Month 2							
Week 6	36	37	38	39	40	41	42
	Fit Test & Max Interval Circuit	Max Interval Plyo	Max Cardio Conditioning	Max Recovery	Max Interval Circuit	Max Interval Plyo	Rest
Week 7	43	44	45	46	47	48	49
	Max Cardio Conditioning	Max Interval Circuit	Max Interval Plyo	Max Recovery	Max Cardio Conditioning & Insane Abs	Max Interval Sport Training	Rest
Week 8	50	51	52	53	54	55	56
	Fit Test & Max Interval Circuit	Max Interval Plyo	Max Cardio Conditioning & Insane Abs	Max Recovery	Max Interval Circuit	Max Interval Sport Training	Rest
Week 9	57	58	59	60	61	62	63
	Max Interval Plyo	Max Cardio Conditioning & Insane Abs	Max Interval Circuit	Max Interval Sport Training	Max Interval Plyo	Max Cardio Conditioning & Insane Abs	Fit Test
Fit Test		Day 1		Day 15		Day 36	
1	Switch Kicks						
2	Power Jacks						
3	Power Knees						
4	Power Jumps						
5	Globe Jumps						
6	Suicide Jumps						
7	Push-up Jacks						
8	Plank Oblique						
9	Weight						

More information on www.insanityfittest.org