

Insanity Workout Calendar

1st Month

1	2	3	4	5	6	7
Fit Test	Plyometric Cardio Circuit	Cardio Power & Resistance	Cardio Recovery	Pure Cardio	Plyometric Cardio Circuit	Rest
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
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
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

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

2nd Month

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
43	44	45	46	47	48	49
Max Cardio Conditioning	Max Interval Circuit	Max Interval Plyo	Max Recovery	Max Cardio Conditioning & Cardio Abs	Core Cardio & Balance	Rest
50	51	52	53	54	55	56
Fit Test	Max Interval Plyo	Max Cardio Conditioning & Cardio Abs	Max Recovery	Max Interval Circuit	Core Cardio & Balance	Rest
57	58	59	60	61	62	63
Max Interval Plyo	Max Cardio Conditioning & Cardio Abs	Max Interval Circuit	Core Cardio & Balance	Max Interval Plyo	Max Cardio Conditioning & Cardio Abs	Fit Test

Fit Test

Day 1

Day 15

Day 36

Day 50

Day 63

Switch Kicks						
Power Jacks						
Power Knees						
Power Jumps						
Suicide Jumps						
Push-up Jacks						
Plank Oblique						
Weight						