

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# INSANITY 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	REST
WEEK 2	CARDIO POWER & RESISTANCE	PURE CARDIO	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PURE CARDIO & CARDIO ABS	REST
WEEK 3	FIT TEST	PLYOMETRIC CARDIO CIRCUIT	PURE CARDIO & CARDIO ABS	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	REST
WEEK 4	PURE CARDIO & CARDIO ABS	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	PURE CARDIO & CARDIO ABS	PLYOMETRIC CARDIO CIRCUIT	REST
WEEK 5	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	REST

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START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# INSANITY MONTH 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	REST
WEEK 2	MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX RECOVERY	MAX CARDIO CONDITIONING & CARDIO ABS	CORE CARDIO AND BALANCE	REST
WEEK 3	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONIN G & CARDIO ABS	MAX RECOVERY	MAX INTERVAL CIRCUIT	CORE CARDIO AND BALANCE	REST
WEEK 4	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS	MAX INTERVAL CIRCUIT	CORE CARDIO AND BALANCE	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS	REST

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# Insanity Fitness & Measurement Tracker

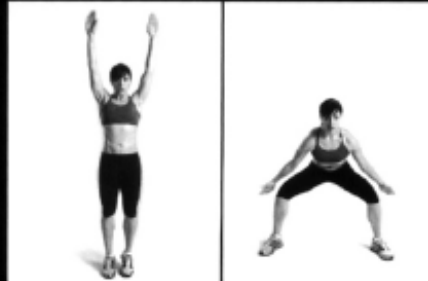
## FIT TEST

You can also find this Fit Test on the DIG DEEPER DVD. Perform each of the exercises listed below for one minute. Do as many reps as you can in one minute and record below. Rest when needed. Be sure to warm up first.

### SWITCH KICKS



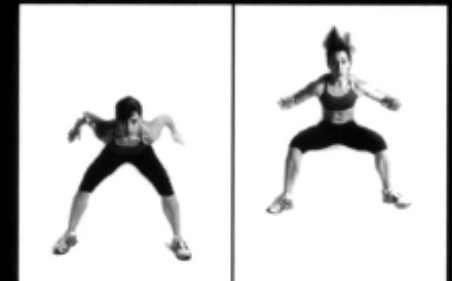
### POWER JACKS



### POWER KNEES



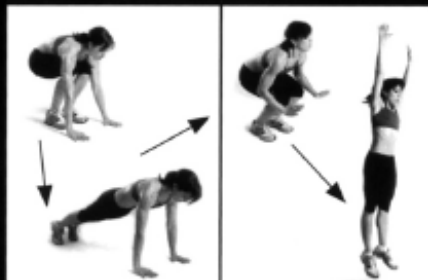
### POWER JUMPS



### GLOBE JUMPS



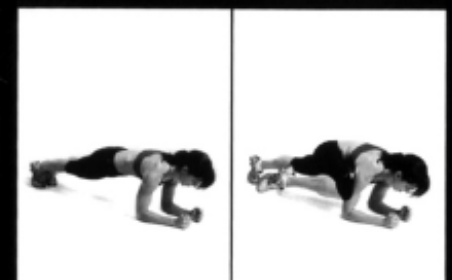
### SUICIDE JUMPS



### PUSH-UP JACKS



### LOW PLANK OBLIQUE



<b>MOVE</b>	<b>FIT TEST 1</b> (DAY 1)	<b>FIT TEST 2</b> (DAY 15)	<b>FIT TEST 3</b> (DAY 36)	<b>FIT TEST 4</b> (DAY 50)	<b>FIT TEST 5</b> (DAY 63)
1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					

DATE					
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**MEASUREMENTS**

CHEST					
L BICEP					
R BICEP					
WAIST					
HIPS					
L THIGH					
R THIGH					
L CALF					
R CALF					
WEIGHT					
BODY FAT %					