

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

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

**INSANITY MAX:30**  
**1<sup>ST</sup> MONTH**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS	TABATA STRENGTH	FRIDAY FIGHT RD 1	REST – PULSE	REST
WEEK 2	CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS	TABATA STRENGTH	FRIDAY FIGHT RD 1	REST – PULSE	REST
WEEK 3	CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS	TABATA STRENGTH	FRIDAY FIGHT RD 1	REST – PULSE	REST
WEEK 4	CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS	TABATA STRENGTH	FRIDAY FIGHT RD 1	REST – PULSE	REST

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

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

**INSANITY MAX:30**  
**2<sup>ND</sup> MONTH**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT RD 2	REST – PULSE	REST
WEEK 2	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT RD 2	REST – PULSE	REST
WEEK 3	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT RD 2	REST – PULSE	REST
WEEK 4	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT RD 2	CARDIO CHALLENGE	REST

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