

# Insanity Workout Calendar

## Month 1

|                           |                           |                           |                 |                           |                           |      |
|---------------------------|---------------------------|---------------------------|-----------------|---------------------------|---------------------------|------|
| 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 | Core Cardio & Balance |

## Month 2

|                                 |                   |                         |              |                      |                   |      |
|---------------------------------|-------------------|-------------------------|--------------|----------------------|-------------------|------|
| 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 |

# Insanity Workout Calendar And Nutrition Guide

**AW Rasmussen**



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