

# **INSANITY MONTH 1**



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	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	CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PURE CARDIO & CARDIO ABS	REST
WEEK 3	FIT TEST	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
RECOVERY WEEK	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	REST

# **Insanity Workout Instruction Manual**

**Roman Wölfel** 

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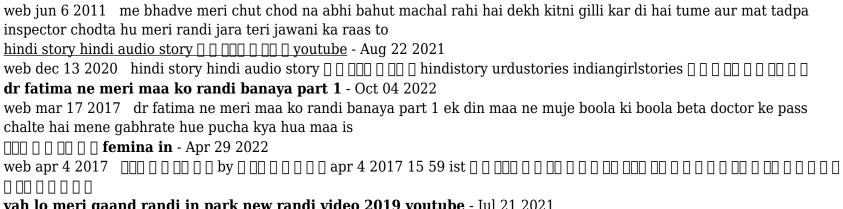
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