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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
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 Calendar And Fitness Guide**

**Camilla Rothe** 

**Insanity Calendar And Fitness Guide:** 

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Insanity Calendar And Fitness Guide**. In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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