# Workout Calendar

## Just put and X through each day as you complete it.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 and  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 | Rest |
| 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 |
| 43 | 44 | 45 | 46 | 47 | 48 | 49 |
| Max Cardio Conditioning | Max Interval Circuit | Max Interval Plyo | Max Recovery | Max Cardio Conditioning &  Cardio Abs\* | Core Cardio and Balance\* | Rest |
| 50 | 51 | 52 | 53 | 54 | 55 | 56 |
| Fit Test &  Max Interval Circuit | Max Interval Plyo | Max Cardio Conditioning &  Cardio Abs\* | Max Recovery | Max Interval Circuit | Core Cardio and Balance\* | Rest |
| 57 | 58 | 59 | 60 | 61 | 62 | 63 |
| Max Interval Plyo | Max Cardio Conditioning &  Cardio Abs\* | Max Interval Circuit | Core Cardio and Balance\* | Max Interval Plyo | Max Cardio Conditioning &  Cardio Abs\* | Fit Test |

\*If you have the DELUXE package, you can replace CARDIO ABS with INSANE ABS, and CORE CARDIO AND BALANCE with MAX INTERVAL SPORTS TRAINING.

# Insanity Fitness & Measurement Tracker

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| DATE | 12/04 | 26/04 | 17/05 | 31/05 | 13/06 |

## MEASUREMENTS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Weight |  |  |  |  |  |
| Trunk Fat |  |  |  |  |  |
| Visceral Fat |  |  |  |  |  |
| Total Fat |  |  |  |  |  |
| Metabolic age |  |  |  |  |  |
| BMI |  |  |  |  |  |
| BMR |  |  |  |  |  |
| Muscle |  |  |  |  |  |