## **Insanity Deluxe Workout Calendar**

			Month 1			
1	2	3	4	5	6	7
Fit Test	Plyometric Cardio Circuit	Cardio Power & Resistance	Cardio Recovery		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 &	Core Cardio &	Core Cardio &	Core Cardio &	Core Cardio &	Core Cardio &	Core Cardio &
Balance	Balance	Balance	Balance	Balance	Balance	Balance
			Month 2			
36	37	38	39	40	41	42
Fit Test & Max	Max Interval	Max Cardio	Mary Danasana	Max Interval	Max Interval	Doot
Interval Circuit	Plyo	Conditioning	Max Recovery	Circuit	Plyo	Rest
43	44	45	46	47	48	49
Max Cardio	Max Interval	Max Interval		Max Cardio	Max Interval	
Conditioning	Circuit	Plyo	Max Recovery	Conditioning &	Sport Training	Rest
50	51	52	53	Insane Abs	55	56
Fit Test & Max	Max Interval	Max Cardio		Max Interval	Max Interval	
Interval Circuit	Plyo	Conditioning &	Max Recovery	Circuit	Sport Training	Rest
57	58	Insane Abs 59	60		62	62
	Max Cardio			61	Max Cardio	63
Max Interval Plyo	Conditioning &	Max Interval Circuit	Max Interval Sport Training	Max Interval Plyo	Conditioning &	Fit Test
	Insane Abs			·	Insane Abs	
	Test	Day 1	Day 15	Day 36	Day 50	Day 63
Switch Kicks						
Power Jacks						
Power Knees						
Power Jumps						
Globe Jumps Suicide Jumps						
Push-up Jacks						
Plank Oblique						
Weight						
- 6		<u> </u>	l .		<u> </u>	l