



# INSANITY MAX :30

## WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS	TABATA POWER	FRIDAY FIGHT	PULSE	BIKE
√	√	√	√	√	√	√

## WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS AB ATTACK 10	TABATA POWER	FRIDAY FIGHT	FAST AND FURIOUS + PULSE	BIKE
√	√	√	√	√	√	√

## WEEK 3 WEEK BEGINNING 6TH MARCH 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CARDIO CHALLENGE AB ATTACK 10	TABATA POWER	SWEAT INTERVALS	TABATA STRENGTH AB ATTACK 10	FRIDAY FIGHT	LONG BIKE	REST
√	√	√	√	√	√	√

## WEEK 4 BEGINNING 13TH MARCH 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS 360 ABS	TABATA STRENGTH MAX ABS	FRIDAY FIGHT ATTACK 10	FAST AND FURIOUS + PULSE	LONG BIKE
√	√	√	√	√	√	√

## WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<b>CARDIO CHALLENGE 360</b>	<b>TABATA STRENGTH</b>	<b>SWEAT INTERVALS MAX ABS</b>	<b>TABATA STRENGTH</b>	<b>FRIDAY FIGHT ATTACK 10</b>	<b>FAST AND FURIOUS + PULSE</b>	<b>LONG BIKE</b>
√	√	√	√	√	√	√