



INSANITY MAX :30

WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT AB ATTACK 10	MAX OUT POWER	FRIDAY FIGHT ROUND 2	PULSE	BIKE
√	√	√	√	√	√	√

WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAX OUT CARDIO AB ATTACK 10	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT ROUND 2	PULSE FAST AND FURIOUS	BIKE
√	√	√	√	√	√	√

WEEK 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAX OUT CARDIO AB ATTACK 10	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT ROUND 2 360 ABS	PULSE FAST AND FURIOUS	BIKE
√	√	√	√	√	√	√

WEEK 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAX OUT CARDIO AB ATTACK 10	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT ROUND 2 MAX ABS	PULSE FAST AND FURIOUS	BIKE
√	√	√	√	√	√	√

WEEK 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------	---------	-----------	----------	--------	----------	--------

MAX OUT CARDIO AB ATTACK 10	MAX OUT POWER	MAX OUT SWEAT 360 ABS	MAX OUT STRENGTH	FRIDAY FIGHT ROUND 2 MAX ABS	PULSE FAST AND FURIOUS	CARDIO CHALLENGE TEST
√	√	√	√	√	√	√

