



# Workout Calendar

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

MONTH 1						
1 Fit Test	2 Plyometric Cardio Circuit	3 Cardio Power & Resistance	4 Cardio Recovery	5 Pure Cardio	6 Plyometric Cardio Circuit	7 Rest
8 Cardio Power & Resistance	9 Pure Cardio	10 Plyometric Cardio Circuit	11 Cardio Recovery	12 Cardio Power & Resistance	13 Pure Cardio & Cardio Abs	14 Rest
15 Fit Test	16 Plyometric Cardio Circuit	17 Pure Cardio and Cardio Abs	18 Cardio Recovery	19 Cardio Power & Resistance	20 Plyometric Cardio Circuit	21 Rest
22 Pure Cardio & Cardio Abs	23 Cardio Power & Resistance	24 Plyometric Cardio Circuit	25 Cardio Recovery	26 Pure Cardio & Cardio Abs	27 Plyometric Cardio Circuit	28 Rest
RECOVERY WEEK						
29 Core Cardio & Balance	30 Core Cardio & Balance	31 Core Cardio & Balance	32 Core Cardio & Balance	33 Core Cardio & Balance	34 Core Cardio & Balance	35 Rest
MONTH 2						
36 Fit Test & Max Interval Circuit	37 Max Interval Plyo	38 Max Cardio Conditioning	39 Max Recovery	40 Max Interval Circuit	41 Max Interval Plyo	42 Rest
43 Max Cardio Conditioning	44 Max Interval Circuit	45 Max Interval Plyo	46 Max Recovery	47 Max Cardio Conditioning & Cardio Abs*	48 Core Cardio and Balance*	49 Rest
50 Fit Test & Max Interval Circuit	51 Max Interval Plyo	52 Max Cardio Conditioning & Cardio Abs*	53 Max Recovery	54 Max Interval Circuit	55 Core Cardio and Balance*	56 Rest
57 Max Interval Plyo	58 Max Cardio Conditioning & Cardio Abs*	59 Max Interval Circuit	60 Core Cardio and Balance*	61 Max Interval Plyo	62 Max Cardio Conditioning & Cardio Abs*	63 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

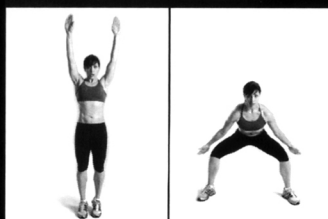
## FIT TEST

You can also find this Fit Test on the DIG DEEPER DVD. Perform each of the exercises listed below for one minute. Do as many reps as you can in one minute and record below. Rest when needed. Be sure to warm up first.

### SWITCH KICKS



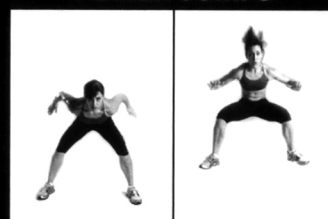
### POWER JACKS



### POWER KNEES



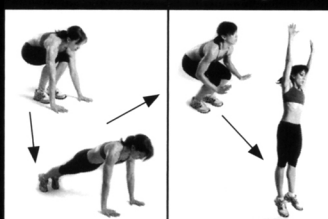
### POWER JUMPS



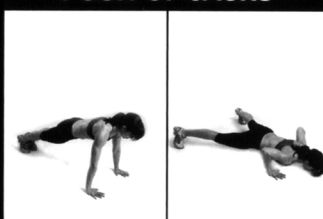
### GLOBE JUMPS



### SUICIDE JUMPS



### PUSH-UP JACKS



### LOW PLANK OBLIQUE



### MOVE

### FIT TEST 1 (DAY 1)

### FIT TEST 2 (DAY 15)

### FIT TEST 3 (DAY 36)

### FIT TEST 4 (DAY 50)

### FIT TEST 5 (DAY 63)

1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					

DATE

### MEASUREMENTS

CHEST					
L BICEP					
R BICEP					
WAIST					
HIPS					
L THIGH					
R THIGH					
L CALF					
R CALF					
WEIGHT					
BODY FAT %					



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Weight Loss Tips & Suggestions