

Insanity Workout Schedule

Your copy of the full Insanity workout schedule is on the **next page**. You can print out page 2 of this PDF if you want a hard copy to put up and keep you motivated!

First, though...

Here at <http://honestworkoutreviews.com> we aim to provide useful information and honest reviews.

If you are considering buying Insanity...

We'd greatly appreciate if you purchase from the official Beachbody site through the link below (or any link on our site). If you feel we have provided value to you in any way, helped you grow and achieve your goals, then we'd be grateful if you bought Insanity through our site.

When you click this link below, it will take you directly to the Beachbody official site. Remember, **ONLY** from the official site will you get the **payment plan option** and these **BONUSES: Elite Nutrition guide, Fitness Guide, Calendar (paper copy) and Online Support 24/7 + Tools**, and a fantastic peer network.

>>[Buy Insanity + Bonuses From Beachbody.com](http://Beachbody.com)<<

I've seen too many people get burnt out from buying illegal copies from pirate sites. They get no customer support. All they receive are the DVDs in a box, and they often don't even work!

I've even heard this happening from Amazon.com sellers, so be careful.

Thanks,

-Joe and the team

<http://honestworkoutreviews.com>

MONTH 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	FIT TEST	PLYOMETRIC CARDIO CIRCUIT	CARDIO POWER & RESISTANCE	CARDIO RECOVERY	PURE CARDIO	PLYOMETRIC CARDIO CIRCUIT	OFF
WEEK 2	CARDIO POWER & RESISTANCE	PURE CARDIO	CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PURE CARDIO & CARDIO ABS	OFF
WEEK 3	FIT TEST	CARDIO CIRCUIT	PURE CARDIO & CARDIO ABS	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	OFF
WEEK 4	PURE CARDIO & CARDIO ABS	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	PURE CARDIO & CARDIO ABS	PLYOMETRIC CARDIO CIRCUIT	OFF

RECOVERY WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RECOVERY WEEK	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	OFF

MONTH 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	OFF
WEEK 6	MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX RECOVERY	MAX CARDIO CONDITIONING & CARDIO ABS*	CORE CARDIO AND BALANCE*	OFF
WEEK 7	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS*	MAX RECOVERY	MAX INTERVAL CIRCUIT	CORE CARDIO AND BALANCE*	OFF
WEEK 8	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 CADIO ABS with INSANE ABS, and CORE CARDIO AND BALANCE with MAX INTERVAL SPORTS TRAINING