

INSANITY MAX:30 ABS MAXIMIZER WORKOUT CALENDAR

time-to-engage.com / fb: coachgregarmfield



TEAM ENGAGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE Take your "Day 1" pics & stats <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	TABATA POWER <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	SWEAT INTERVALS* <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	TABATA POWER <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	FRIDAY FIGHT: ROUND 1 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	PULSE <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	REST
WEEK 2	CARDIO CHALLENGE AB ATTACK:10 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	TABATA POWER <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	SWEAT INTERVALS* AB ATTACK:10 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	TABATA POWER <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	FRIDAY FIGHT: ROUND 1 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	PULSE AB ATTACK:10 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	REST
WEEK 3	CARDIO CHALLENGE MAX OUT ABS** <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	TABATA STRENGTH <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	SWEAT INTERVALS* 360° ABS** <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	TABATA STRENGTH <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	FRIDAY FIGHT: ROUND 1 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	PULSE AB ATTACK:10 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	REST
WEEK 4	CARDIO CHALLENGE 360° ABS** <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	TABATA STRENGTH <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	SWEAT INTERVALS* MAX OUT ABS** <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	TABATA STRENGTH <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	FRIDAY FIGHT: ROUND 1 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	PULSE AB ATTACK:10 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	REST Take your "Day 30" pics & stats

*If you have the Sweat Fest DVD, you can use it in place of SWEAT INTERVALS anywhere it appears on this calendar.

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TEAM ENGAGE

MONTH 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MAX OUT CARDIO <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT POWER <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT SWEAT <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT STRENGTH <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	FRIDAY FIGHT: ROUND 2 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	PULSE <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	REST
WEEK 2	MAX OUT CARDIO AB ATTACK:10 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT POWER <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT SWEAT AB ATTACK:10 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT STRENGTH <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	FRIDAY FIGHT: ROUND 2 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	PULSE AB ATTACK:10 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	REST
WEEK 3	MAX OUT CARDIO MAX OUT ABS** <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT POWER <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT SWEAT 360° ABS** <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT STRENGTH <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	FRIDAY FIGHT: ROUND 2 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	PULSE AB ATTACK:10 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	REST
WEEK 4	MAX OUT CARDIO 360° ABS** <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT POWER <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT SWEAT MAX OUT ABS** <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	MAX OUT STRENGTH <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	FRIDAY FIGHT: ROUND 2 <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	CARDIO CHALLENGE <div>MAX OUT: <input type="text"/> min. <input type="text"/> sec.</div>	CHALLENGE COMPLETE! Take your "Day 60" pics & stats

*If you have the Sweat Fest DVD, you can use it in place of SWEAT INTERVALS anywhere it appears on this calendar. **MAX OUT ABS and 360° ABS are NOT INCLUDED in the base kit. You can do AB ATTACK:10 INSTEAD, or contact me for details on how to purchase.