

# INSANITY MAX:30 ABS MAXIMIZER WORKOUT CALENDAR

time-to-engage.com / fb: coachgregarmfield



TEAM ENGAGE

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>MAX OUT CARDIO</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT POWER</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT SWEAT</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT STRENGTH</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>FRIDAY FIGHT: ROUND 2</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>PULSE</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>REST</b>
WEEK 2	<b>MAX OUT CARDIO</b> <b>AB ATTACK:10</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT POWER</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT SWEAT</b> <b>AB ATTACK:10</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT STRENGTH</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>FRIDAY FIGHT: ROUND 2</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>PULSE</b> <b>AB ATTACK:10</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>REST</b>
WEEK 3	<b>MAX OUT CARDIO</b> <b>MAX OUT ABS**</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT POWER</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT SWEAT</b> <b>360° ABS**</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT STRENGTH</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>FRIDAY FIGHT: ROUND 2</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>PULSE</b> <b>AB ATTACK:10</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>REST</b>
WEEK 4	<b>MAX OUT CARDIO</b> <b>360° ABS**</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT POWER</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT SWEAT</b> <b>MAX OUT ABS**</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>MAX OUT STRENGTH</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>FRIDAY FIGHT: ROUND 2</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>CARDIO CHALLENGE</b> <div style="border: 1px solid black; width: 100px; height: 40px; margin-top: 10px;"></div> MAX OUT: <input type="text" value="min."/> <input type="text" value="sec."/>	<b>CHALLENGE COMPLETE!</b> 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.