

Beachbody Insanity MONTH 1

Version 1.0 - October 2009

Week 1	Monday	1	Tuesday	1	Wednesday	1	Thursday	1	Friday	1	Saturday	2	Sunday	
	FIT TEST			PLYOMETRIC	CARDIO	CARDIO	CARDIO	PURE	PLYOMETRIC		off			
	1	5	CARDIO	POWER &	RECOVERY	CARDIO	CARDIO	RESISTENCE	CIRCUIT					
	2	6	CIRCUIT											
Week 2	Monday	2	Tuesday	2	Wednesday	3	Thursday	2	Friday	3	Saturday	3	Sunday	
	CARDIO				PLYOMETRIC		CARDIO		CARDIO		PURE CARDIO &		off	
	POWER &		PURE		CARDIO		RECOVERY		POWER		CARDIO ABS			
	RESISTENCE		CARDIO		CIRCUIT				& RESISTENCE					
Week 3	Monday	2	Tuesday	4	Wednesday	4	Thursday	3	Friday	4	Saturday	5	Sunday	
	FIT TEST			PLYOMETRIC		PURE CARDIO &	CARDIO		CARDIO		PLYOMETRIC		off	
	1	5	CARDIO		CARDIO ABS		RECOVERY		POWER		CARDIO			
	2	6	CIRCUIT						& RESISTENCE		CIRCUIT			
Week 4	Monday	5	Tuesday	5	Wednesday	6	Thursday	4	Friday	6	Saturday	7	Sunday	
	PURE CARDIO &		CARDIO		PLYOMETRIC		CARDIO		PURE CARDIO &		PLYOMETRIC		off	
	CARDIO ABS		POWER &		CARDIO		RECOVERY		CARDIO ABS		CARDIO			
			RESISTENCE		CIRCUIT						CIRCUIT			

Beachbody Insanity RECOVERY WEEK

RECOVERY WEEK	Monday	1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	Saturday	6	Sunday	
	CORE		CORE		CORE		CORE		CORE		CORE		off	
	CARDIO		CARDIO		CARDIO		CARDIO		CARDIO		CARDIO			
	& BALANCE		& BALANCE		& BALANCE		& BALANCE		& BALANCE		& BALANCE			

Beachbody Insanity MONTH 2

Week 5	Monday	3	Tuesday	1	Wednesday	1	Thursday	1	Friday	1	Saturday	2	Sunday	
	FIT TEST			MAX INTERVAL	MAX	MAX	MAX	MAX INTERVAL	MAX INTERVAL		MAX INTERVAL		off	
	1	5	PLYO		CARDIO		RECOVERY		CIRCUIT		PLYO			
	2	6			CONDITIONING									
Week 6	Monday	2	Tuesday	2	Wednesday	3	Thursday	2	Friday	3	Saturday	7	Sunday	
	MAX		MAX INTERVAL		MAX INTERVAL		MAX		MAX		CORE		off	
	CARDIO		CIRCUIT		PLYO		RECOVERY		CARDIO		CARDIO			
	CONDITIONING								& CARDIO ABS *		& BALANCE *			
Week 7	Monday	4	Tuesday	4	Wednesday	4	Thursday	3	Friday	3	Saturday	8	Sunday	
	FIT TEST			MAX INTERVAL	MAX	MAX	MAX		MAX INTERVAL		CORE		off	
	1	5	PLYO		CARDIO		RECOVERY		CIRCUIT		CARDIO			
	2	6			& CARDIO ABS *						& BALANCE *			
Week 8	Monday	3	Tuesday	5	Wednesday	4	Thursday	9	Friday	6	Saturday	6	Sunday	5
	MAX INTERVAL		MAX		MAX INTERVAL		CORE		MAX INTERVAL		MAX		FIT TEST	
	PLYO		CARDIO		CIRCUIT		CARDIO		PLYO		CARDIO		1	
			& CARDIO ABS *				& BALANCE *				& CARDIO ABS *		5	

If you have the deluxe package, you can replace **CARDIO ABS** with **INSANE ABS**, and **CORE CARDIO & BALANCE** with **MAX INTERVAL SPORTS TRAINING**.