

Insanity

MONTH 1



START DATE : .. / .. /

WEIGHT DAY 1 :

WEIGHT DAY 28 :

1 ●	2 ●	3 ●	4 ●	5 ●	6 ●	7 ●
FIT TEST 1 <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 6 <input type="checkbox"/> 3 <input type="checkbox"/> 7 <input type="checkbox"/> 4 <input type="checkbox"/> 8 <input type="checkbox"/>	PLYOMETRIC CARDIO CIRCUIT	CARDIO POWER & RESISTANCE	CARDIO RECOVERY	PURE CARDIO	PLYOMETRIC CARDIO CIRCUIT	

8 ●	9 ●	10 ●	11 ●	12 ●	13 ●	14 ●
CARDIO POWER & RESISTANCE	PURE CARDIO	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PURE CARDIO & CARDIO ABS	

... Still alive?

15 ●	16 ●	17 ●	18 ●	19 ●	20 ●	21 ●
FIT TEST 1 <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 6 <input type="checkbox"/> 3 <input type="checkbox"/> 7 <input type="checkbox"/> 4 <input type="checkbox"/> 8 <input type="checkbox"/>	PLYOMETRIC CARDIO CIRCUIT	PURE CARDIO & CARDIO ABS	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	

22 ●	23 ●	24 ●	25 ●	26 ●	27 ●	28 ●
PURE CARDIO & CARDIO ABS	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	PURE CARDIO & CARDIO ABS	PLYOMETRIC CARDIO CIRCUIT	

Ready for month 2!
#INSANITY