

INSANITY[®]

MAX 30 WORKOUT SCHEDULE

MONTH
1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CARDIO
CHALLENGE

TABATA
POWER

SWEAT
INTERVALS

TABATA
POWER

FRIDAY FIGHT
ROUND 1

PULSE

REST

CARDIO
CHALLENGE

TABATA
POWER

SWEAT
INTERVALS

TABATA
POWER

FRIDAY FIGHT
ROUND 1

PULSE

REST

CARDIO
CHALLENGE

TABATA
STRENGTH

SWEAT
INTERVALS

TABATA
STRENGTH

FRIDAY FIGHT
ROUND 1

PULSE

REST

CARDIO
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FRIDAY FIGHT
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