

INSANITY

INSANITY MONTH 2

WWW.SMARTASSFITNESS.COM/INSANITYWORKOUT



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	FIT TEST / MAX INTERVAL TRAINING	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	REST
WEEK 6	MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX RECOVERY	MAX CARDIO CONDITIONING & CARDIO ABS	CORE CARDIO AND BALANCE	REST
WEEK 7	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO AND CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	CORE CARDIO BALANCE	REST
WEEK 8	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS	MAX INTERVAL CIRCUIT	CORE CARDIO AND BALANCE	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS	FIT TEST

