

60-DAY WORKOUT CALENDAR

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CHECK A BOX EVERY DAY YOU DO YOUR INSANITY® WORKOUT.

MONTH 1

K 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1		PLYOMETRIC	CARDIO			PLYOMETRIC	
	FIT TEST	CARDIO CIRCUIT	POWER & RESISTANC	CARDIO E RECOVERY	PURE CARDIO	CARDIO	OFF
K 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 2	CARDIO		PLYOMETRIC		CARDIO	PURE	
	POWER & RESISTANCE	PURE CARDIO	CARDIO		POWER & RESISTANC	& CARDIO	OFF
K 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3		PLYOMETRIC	PURE		CARDIO	PLYOMETRIC	
	FIT TEST	CARDIO	& CARDIO ABS	CARDIO RECOVERY	POWER & RESISTANC	CARDIO	OFF
	1111231	CINCOT	ADS	necovent	a nesis iANG		UT
ζ4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4	PURE	040010	DIVONSTRIO		PURE	DIVONSTRIO	
	CARDIO & CARDIO ABS	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	CARDIO	CARDIO & CARDIO ABS	PLYOMETRIC CARDIO CIRCUIT	OFF

RECOVERY WEEK

RY WEEK	1	2	3	4	5	6	7
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RECOVE			CORE CARDIO & BALANCE	CARDIO &	CARDIO &	CORE CARDIO & BALANCE	OFF

			M	ONTH 2)		
WEEK 5	FIT TEST & MAX INTERVAL	TUESDAY MAX INTERVAL	WEDNESDAY MAX CARDIO	THURSDAY MAX	FRIDAY MAX INTERVAL	SATURDAY MAX INTERVAL	SUNDAY
WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PLYO SATURDAY	SUNDAY
	MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX RECOVERY	MAX CARDIO Conditioning & Cardio Abs*	CORE CARDIO & BALANCE*	OFF
WEEK 7	MONDAY FIT TEST & MAX INTERVAL CIRCUIT	TUESDAY MAX INTERVAL PLYO	WEDNESDAY MAX CARDIO CONDITIONING & CARDIO ABS*	THURSDAY MAX RECOVERY	FRIDAY MAX INTERVAL CIRCUIT	SATURDAY CORE CARDIO & BALANCE*	SUNDAY
WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	INTERVAL PLYO	CONDITIONING & CARDIO ABS*	INTERVAL CIRCUIT	CARDIO & BALANCE*	INTERVAL PLYO	CONDITIONING & CARDIO ABS*	FIT TEST

* If you have the DELUXE package, you can replace CARDIO ABS with INSANE ABS, and CORE CARDIO AND BALANCE with MAX INTERVAL SPORTS TRAINING. Send in your "before" and "after" pictures and get your FREE INSANITY T-shirt. Learn more at Beachbody.com.

FIT TEST

You can also find this Fit Test on the DIG DEEPER DVD. Perform each of the exercises listed below for 1 minute. Do as many reps as you can in 1 minute and record below. Rest when needed. Be sure to warm up first.

SWITCH KICKS	POWER JAC	CKS	POWER KNEES POWER		R JUMPS
L R R S S S S S S S S S S S S S S S S S	1	4	1	Å	大
GLOBE JUMPS	SUICIDE JUI	MPS F	PUSH-UP JACKS	LOW PLA	NK OBLIQUE
4 JUMPS = 1 REP			ge -	s ~ C	40 E.
MOVE	FIT TEST 1 (DAY 1)	FIT TEST 2 (DAY 15)	FIT TEST 3 (DAY 36)	FIT TEST 4 (DAY 50)	FIT TEST 5 (DAY 63)
1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					

5. GLOBE JUMPS
6. SUICIDE JUMPS
7. PUSH-UP JACKS

8. LOW PLANK OBLIQUE