

60-DAY WORKOUT CALENDAR

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

MONTH 1

K 1	MONDAY	TUESDAY		WEDNESDA	λY	THURSDAY	FRIDAY		SATURDAY		SUNDAY	
WEEK 1		PLYOMETRI	C	CARDIO					PLYOMETR	IC		
	FIT TEST	CARDIO CIRCUIT		POWER & Resistai	NCE	CARDIO RECOVERY	PURE CARDIO		CARDIO CIRCUIT		OFF	
-								_		_		
K 2	MONDAY	TUESDAY		WEDNESDA	λY	THURSDAY	FRIDAY		SATURDAY		SUNDAY	
WEEK 2	CARDIO			PLYOMETR	IC		CARDIO		PURE CARDIO			
	POWER & RESISTANCE	PURE CARDIO		CARDIO CIRCUIT			POWER & RESISTAI	NCE	& CARDIO ABS		OFF	
	& HESISTANCE	CANDIO		CINCOT		ILCOVENT	& ILSISTA	NCL	ADS			
(3	MONDAY	TUESDAY		WEDNESD	٩Y	THURSDAY	FRIDAY		SATURDAY		SUNDAY	
WEEK 3		PLYOMETRI		PURE CARDIO			CARDIO		PLYOMETR	10		
		CARDIO	IC I	& CARDIO		CARDIO	POWER		CARDIO	10		
	FIT TEST	CIRCUIT		ABS		RECOVERY	& RESISTAI	NCE	CIRCUIT		OFF	
4												
4	MONDAY	TUESDAY		WEDNESDA	٩Y	THURSDAY	FRIDAY		SATURDAY		SUNDAY	
WEEK 4	PURE						PURE					
	CARDIO	CARDIO		PLYOMETR	IC	CARDIO	CARDIO		PLYOMETR	IC		
	& CARDIO Abs	POWER & RESISTAN	NCE	CARDIO CIRCUIT		CARDIO RECOVERY	& CARDIO ABS		CARDIO CIRCUIT		OFF	

## RECOVERY WEEK

Y WEEK	1	2	<b>3</b>	<b>4</b> .	5	6	7
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CARDIO &		CORE CARDIO & BALANCE	OFF

		MONTH 2									
WEEK 5	FIT TEST	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
	& MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX Cardio Conditioning	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	OFF				
9 X:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
WEEK 6	MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX Recovery	MAX CARDIO Conditioning & Cardio Abs*	CORE CARDIO & BALANCE*	OFF				
K.7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
WEEK	FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO Conditioning & Cardio ABS*	MAX Recovery	MAX INTERVAL CIRCUIT	CORE CARDIO & BALANCE*	OFF				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
WEEK 8	MAX INTERVAL PLYO	MAX CARDIO Conditioning & Cardio Abs*	MAX INTERVAL CIRCUIT	CORE CARDIO & BALANCE*	MAX INTERVAL PLYO	MAX CARDIO 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 J/	ACKS	POWER	KNEES	POWER JUMPS		
L R R R R R R R R R R R R R R R R R R R		A	K	A	Å	Å	
GLOBE JUMPS	SUICIDE JU	UMPS	PUSH-U	P JACKS	LOW PLAN	IK OBLIQUE	
4 JUMPS = 1 REP			T.	and the second s		82 C	
MOVE	FIT TEST 1 (DAY 1)	FIT TES (DAY 15	ST 2 FIT 1 5) (D.	TEST 3 FI AY 36)	IT TEST 4 (DAY 50)	FIT TEST 5 (DAY 63)	
1. SWITCH KICKS							
2. POWER JACKS							
3. POWER KNEES							
4. POWER JUMPS							
1							

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

8. LOW PLANK OBLIQUE

SEACHBODY®