

# INSANITY<sup>®</sup>

## MAX 30 WORKOUT SCHEDULE

MONTH  
2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MAX OUT  
CARDIO

MAX OUT  
POWER

MAX OUT  
SWEAT

MAX OUT  
STRENGTH

FRIDAY FIGHT  
ROUND 2

PULSE

REST

MAX OUT  
CARDIO

MAX OUT  
POWER

MAX OUT  
SWEAT

MAX OUT  
STRENGTH

FRIDAY FIGHT  
ROUND 2

PULSE

REST

MAX OUT  
CARDIO

MAX OUT  
POWER

MAX OUT  
SWEAT

MAX OUT  
STRENGTH

FRIDAY FIGHT  
ROUND 2

PULSE

REST

MAX OUT  
CARDIO

MAX OUT  
POWER

MAX OUT  
SWEAT

MAX OUT  
STRENGTH

FRIDAY FIGHT  
ROUND 2

CARDIO  
CHALLENGE

REST