**Insanity Workout Sheet**

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| **SUNDAY** |  | **MONDAY** |  | **TUESDAY** |  | **WEDNESDAY** |  | **THURSDAY** |  | **FRIDAY** |  | **SATURDAY** |
| Rest |  | Fit Test |  | Plyometric Cardio Circuit |  | Cardio Power and Resistance |  | Cardio Recovery |  | Pure Cardio |  | Plyometric Cardio Circuit |
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| Rest |  | Cardio Power and Resistance |  | Core Cardio and Balance |  | Plyometric Cardio Circuit |  | Cardio Recovery |  | Pure Cardio |  | Cardio Power and Resistance |
|  |
| Rest |  | Fit Test + Cardio Abs |  | Cardio Recovery |  | Cardio Power and Resistance |  | Pure Cardio + Cardio Abs |  | Core Cardio and Balance |  | Pure Cardio+ Cardio Abs |
|  |
| Rest |  | Core Cardio and Balance |  | Plyometric Cardio Circuit |  | Fit Test + Max interval Circuit |  | Max interval Circuit |  | Cardio Power and Resistance |  | Pure Cardio |

