**Shaun T Insanity Workout Schedule**

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| MONTH 1 | WEEK 1 | Date: |  |  |  |  |  |  |  |
| Workout | Fit Test | Plyometric Cardio Circuit | Cardio Power & Resistance | Cardio Recovery | Pure Cardio | Plyometric Cardio Circuit | Rest |
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| Notes |  |  |  |  |  |  |  |
| WEEK 2 | Date: |  |  |  |  |  |  |  |
| Workout | Cardio Power & Resistance | Pure Cardio | Plyometric Cardio Circuit | Cardio Recovery | Cardio Power & Resistance | Pure Cardio & Cardio Abs | Rest |
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| Notes |  |  |  |  |  |  |  |
| WEEK 3 | Date: |  |  |  |  |  |  |  |
| Workout | Fit Test | Plyometric Cardio Circuit | Pure Cardio & Cardio Abs | Cardio Recovery | Cardio Power & Resistance | Plyometric Cardio Circuit | Rest |
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| Notes |  |  |  |  |  |  |  |
| WEEK 4 | Date: |  |  |  |  |  |  |  |
| Workout | Pure Cardio & Cardio Abs | Cardio Power & Resistance | Plyometric Cardio Circuit | Cardio Recovery | Pure Cardio & Cardio Abs | Plyometric Cardio Circuit | Rest |
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| Notes |  |  |  |  |  |  |  |
| RECOVERY WEEK | | Date: |  |  |  |  |  |  |  |
| Workout | Core Cardio & Balance | Core Cardio & Balance | Core Cardio & Balance | Core Cardio & Balance | Core Cardio & Balance | Core Cardio & Balance | Rest |
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| Notes |  |  |  |  |  |  |  |
| MONTH 2 | WEEK 5 | Date: |  |  |  |  |  |  |  |
| Workout | Fit Test & MAX Interval Circuit | MAX Interval Plyo | MAX Cardio Conditioning | MAX Recovery | MAX Interval Circuit | Max Interval Plyo | Rest |
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| Notes |  |  |  |  |  |  |  |
| WEEK 6 | Date: |  |  |  |  |  |  |  |
| Workout | MAX Cardio Conditioning | MAX Interval Circuit | MAX Interval Plyo | MAX Recovery | MAX Cardio & Cardio Abs | Core Cardio & Balance | Rest |
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| Notes |  |  |  |  |  |  |  |
| WEEK 7 | Date: |  |  |  |  |  |  |  |
| Workout | Fit Test & MAX Interval Circuit | MAX Interval Plyo | MAX Cardio & Cardio Abs | MAX Recovery | MAX Interval Circuit | Core Cardio & Balance | Rest |
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| Notes |  |  |  |  |  |  |  |
| WEEK 8 | Date: |  |  |  |  |  |  |  |
| Workout | MAX Interval Plyo | MAX Cardio & Cardio Abs | MAX Interval Circuit | Core Cardio & Balance | MAX Interval Plyo | MAX Cardio & Cardio Abs | Rest |
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| Notes |  |  |  |  |  |  |  |