

START DATE: _____

FINISH DATE: _____

INSANITY MAX:30
1ST MONTH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1

CARDIO
CHALLENGE

TABATA
POWER

SWEAT
INTERVALS

TABATA
STRENGTH

FRIDAY
FIGHT RD 1

REST –
PULSE

REST

WEEK 2

CARDIO
CHALLENGE

TABATA
POWER

SWEAT
INTERVALS

TABATA
STRENGTH

FRIDAY
FIGHT RD 1

REST –
PULSE

REST

WEEK 3

CARDIO
CHALLENGE

TABATA
POWER

SWEAT
INTERVALS

TABATA
STRENGTH

FRIDAY
FIGHT RD 1

REST –
PULSE

REST

WEEK 4

CARDIO
CHALLENGE

TABATA
POWER

SWEAT
INTERVALS

TABATA
STRENGTH

FRIDAY
FIGHT RD 1

REST –
PULSE

REST

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