

INSANITY MAX:30

"MAX OUT" WORKOUT CALENDAR

FOR THE NEXT TWO MONTHS, FOLLOW THE DAILY WORKOUTS LISTED BELOW. BE SURE TO NOTE THE TIME YOU **MAX OUT** EACH DAY.

IF YOU'VE GOT A BIT OF EXTRA TIME IN YOUR DAY AND WANT TO FOCUS MORE ON YOUR CORE, THEN CHECK OUT THE AIR MAXIMIZER WORKOUT CALENDAR.

MONTH 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE Take your "Day 1" pics & stats 	TABATA POWER 	SWEAT INTERVALS* 	TABATA POWER 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST
WEEK 2	CARDIO CHALLENGE 	TABATA POWER 	SWEAT INTERVALS* 	TABATA POWER 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST
WEEK 3	CARDIO CHALLENGE 	TABATA STRENGTH 	SWEAT INTERVALS* 	TABATA STRENGTH 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST
WEEK 4	CARDIO CHALLENGE 	TABATA STRENGTH 	SWEAT INTERVALS* 	TABATA STRENGTH 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST Take your "Day 30" pics & stats

*IF YOU HAVE THE SWEAT FEST DVD, YOU CAN USE IT IN PLACE OF SWEAT INTERVALS ANYWHERE IT APPEARS ON THE CALENDAR.

MONTH 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	REST
WEEK 2	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	REST
WEEK 3	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	REST
WEEK 4	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	CHALLENGE COMPLETE! Take your "Day 60" pics & stats

Insanity Workout Quick Start Guide

Terry C. Jones



Insanity Workout Quick Start Guide:

Embracing the Beat of Appearance: An Mental Symphony within **Insanity Workout Quick Start Guide**

In a world used by screens and the ceaseless chatter of quick connection, the melodic beauty and mental symphony created by the published term frequently diminish into the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. Nevertheless, situated within the pages of **Insanity Workout Quick Start Guide** an enchanting literary value filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that interesting masterpiece conducts viewers on an emotional journey, skillfully unraveling the hidden songs and profound influence resonating within each cautiously constructed phrase. Within the depths of the emotional evaluation, we will examine the book is key harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

https://blog.gospelcrusade.org/public/scholarship/Documents/Best_Way_To_Automate_Customer_Service_With_AI_For_Beginners_BATCH57_2205.pdf

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