

START DATE: _____

FINISH DATE: _____

INSANITY MAX:30 1st month



**THE
EXERCISE MOVEMENT**

	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
WEEK 5	CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS	TABATA STRENGTH	FRIDAY FIGHT RD 1	REST - PULSE	REST

Join The Exercise Movement at TheExerciseMovement.com
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START DATE: _____

FINISH DATE: _____

INSANITY MAX:30

2nd month



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT RD 2	REST – PULSE	REST
WEEK 2	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT RD 2	REST – PULSE	REST
WEEK 3	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT RD 2	REST – PULSE	REST
WEEK 4	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT RD 2	REST – PULSE	REST
WEEK 5	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT RD 2	REST – PULSE	REST

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