

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

Max Workouts 9day Fitness Program

Yi-Tong Ma



Max Workouts 9day Fitness Program:

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Max Workouts 9day Fitness Program** . In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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