

# BEAST + INSANITY BODY MAX:30

# HYBRID WORKOUT SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>Cardio Challenge</b> Insanity Max 30 30 mins	<b>Sweat Intervals</b> Insanity Max 30 32 mins	<b>Yoga</b> P90x3 30 mins	<b>Sweat Feast</b> Insanity Max 30 30 mins	<b>Fri Fight Round 1</b> Insanity Max 30 30 mins	REST	<b>Cardio Challenge</b> Insanity Max 30 30 mins
	<b>Build: Chest/Tris</b> Body Beast 57 mins	<b>Build: Legs</b> Body Beast 44 mins	<b>Build: Back/Bis</b> Body Beast 57 mins	<b>Build: Shoulders</b> Body Beast 48 mins	<b>Beast: Total Body &amp; Abs</b> Body Beast 44 mins		<b>Build: Chest/Tris</b> Body Beast 56 mins
WEEK 2	<b>Sweat Intervals</b> Insanity Max 30 30 mins	<b>MMX</b> P90x3 30 mins	<b>Sweat Feast</b> Insanity Max 30 30 mins	REST	<b>Cardio Challenge</b> Insanity Max 30 30 mins	<b>Sweat Intervals</b> Insanity Max 30 30 mins	<b>Yoga</b> P90x3 30 mins
	<b>Build: Legs</b> Body Beast 44 mins	<b>Build: Back/Bic</b> Body Beast 57 mins	<b>Build: Shoulders/Abs</b> Body Beast 48 mins		<b>Build: Chest/Tris</b> Body Beast 57 mins	<b>Build: Legs</b> Body Beast 44 mins	<b>Build: Back/Bic</b> Body Beast 57 mins
WEEK 3	<b>Cardio Challenge</b> Insanity Max 30 30 mins	<b>Sweat Intervals</b> Insanity Max 30 30 mins	<b>MMX</b> P90x3 30 mins	<b>Sweat Feast</b> Insanity Max 30 30 mins	<b>Fri Fight Round 1</b> Insanity Max 30 30 mins	REST	<b>Cardio Challenge</b> Insanity Max 30 30 mins
	<b>Build: Chest/Tris</b> Body Beast 57 mins	<b>Build: Legs</b> Body Beast 44 mins	<b>Build: Back/Bis</b> Body Beast 57 mins	<b>Build: Shoulders</b> Body Beast 48 mins	<b>Beast: Total Body &amp; Abs</b> Body Beast 44 mins		<b>Bulk: Chest</b> Body Beast 47 mins
WEEK 4	<b>Sweat Intervals</b> Insanity Max 30 30 mins	<b>Yoga</b> P90x3 30 mins	<b>Sweat Feast</b> Insanity Max 30 30 mins	<b>Fri Fight Round 1</b> Insanity Max 30 30 mins	REST	<b>Max Out Cardio</b> Insanity Max 30 30 mins	<b>Yoga</b> P90x3 30 mins
	<b>Bulk: Legs</b> Body Beast 47 mins	<b>Bulk: Back</b> Body Beast 36 mins	<b>Bulk: Arms &amp; Abs</b> Body Beast 41 mins	<b>Bulk: Shoulders</b> Body Beast 43 mins		<b>Bulk: Chest</b> Body Beast 38 mins	<b>Bulk: Legs</b> Body Beast 47 mins