

# INSANITY/FOCUS T25 Schedule

Month 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Fit Test Speed 1.0	Day 2 Pure Cardio Cardio Abs	Day 3 Total Body Circuit	Day 4 Plyometric Cardio Circuit	Day 5 Pure Cardio Ab Intervals	Day 6 Lower Focus	Day 7 Rest Day
Day 8 Pure Cardio Cardio Abs	Day 9 Total Body Circuit	Day 10 Speed 1.0 Cardio Abs	Day 11 Plyometric Cardio Circuit	Day 12 Pure Cardio Cardio Abs	Day 13 Upper Focus	Day 14 Rest Day
Day 15 Plyometric Cardio Circuit Cardio Abs	Day 16 Cardio	Day 17 Total Body Circuit	Day 18 Pure Cardio	Day 19 Cardio Recovery Ab Intervals	Day 20 Speed 1.0	Day 21 Rest Day
Day 22 Cardio Cardio Abs	Day 23 Plyometric Cardio Circuit	Day 24 Total Body Circuit	Day 25 Speed 1.0 Cardio Abs	Day 26 Pure Cardio	Day 27 Lower Focus Cardio Abs	Day 28 Rest Day

# INSANITY/FOCUS T25 Schedule

Month 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 29 Fit Test Speed 2.0	Day 30 Max Cardio Conditioning Cardio Abs	Day 31 Rip'T Circuit	Day 32 Plyometric Cardio Circuit Cardio Abs	Day 33 Dynamic Core Cardio	Day 34 Max Interval Circuit Upper Focus	Day 35 Rest Day
Day 36 Max Cardio Conditioning Cardio Abs	Day 37 Speed 2.0 Cardio Recovery	Day 38 Rip'T Circuit	Day 39 Plyometric Cardio Circuit Cardio Abs	Day 40 Speed 2.0 Core Cardio	Day 41 Lower Focus Ab Intervals	Day 42 Rest Day
Day 43 Max Interval Circuit Cardio Abs	Day 44 Plyometric Cardio Circuit	Day 45 Rip'T Circuit	Day 46 Max Cardio Conditioning	Day 47 Speed 2.0 Core Cardio	Day 48 Max Interval Circuit Upper Focus	Day 49 Rest Day
Day 50 Max Cardio Conditioning Cardio Abs	Day 51 Plyometric Cardio Circuit	Day 52 Rip'T Circuit	Day 53 Lower Focus Cardio Abs	Day 54 Pure Cardio Dynamic Core Cardio	Day 55 Fit Test	Day 56 Rest Day

<http://thefitnessfocus.com/insanity/my-insanity-and-focus-t25-hybrid-workout-schedule>