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P90X - Insanity Hybrid Workout Schedule Phase 1 Weeks 1-3 Week 4 1. P90X Chest & Back / Cardio Abs Insanity Core Cardio 2. Insanity Plyo Cardio Circuit P90X Core Synergostics 3. P90X Shoulder & Arms / Cardio Abs Insanity Core Cardio & Balance 4. Insanity Cardio Recovery P90X X Stretch 5 Jan 15th, 2024

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Each Month Of The Insanity Calendar Will Challenge You Mentally And Physically. You Should Expect To Workout 6x A Week. In Between Month 1 And 2, You'll Have A Recovery Week. This Is A Week For Your Body To Recover And Be Ready To Push Harder In The 2nd Month. Don't Skip It! Insanity Calendar May 14th, 2024

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