

# INSANITY MAX:30 & PIYO HYBRID

Why an Insanity Max:30–PiYo Hybrid schedule? Simple. My body can't handle maxing out five days in a row. And I suspect yours might rebel too.

Some of us, for whatever reason (joint issues, age, fitness level, schedule), just can't handle Max:30 intensity day after day. So I combined Insanity Max:30 with my favorite cross-training program, PiYo. PiYo provides the stretch, flexibility and RECOVERY.

This calendar takes Month 1 and stretches it to 5 weeks. The basic plan is 2 days on—then PiYo or rest—EXCEPT there is always a rest or PiYo day before Cardio Challenge, since it serves as the fit test. Feel free to swap the rest day to what works best for you, and note that I consider PiYo an active rest day.

*This is written for those already familiar with PiYo. As amazing as PiYo is, I wouldn't recommend starting two new programs at the same time. Also, you'll note I just have "PiYo" on the chart. I choose whatever workout sounds good at the time. This isn't rocket science. Pick your favorite PiYo workouts or alternate. Enjoy!*

Enjoy a Free  
Printable!  
Jacqui\*

Weigh to MAINTAIN  
Life after the diet. Keeping the weight off while keeping my sanity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio Challenge #1	Tabata Power	PiYo	Sweat Intervals	REST	Tabata Power	Friday Fight: Round 1
Week 2	PiYo	Cardio Challenge #2	Tabata Power	PiYo	REST	Sweat Intervals	Tabata Power
Week 3	PiYo	Friday Fight: Round 1	PiYo	Cardio Challenge #3	REST	Tabata Strength	Sweat Intervals
Week 4	PiYo	Tabata Strength	Friday Fight: Round 1	PiYo	REST	Cardio Challenge #4	Tabata Strength
Week 5	PiYo	Sweat Intervals	Tabata Strength	PiYo	REST	Friday Fight: Round 1	YOU DID IT!