

Mike The Nrgizer's ChaLEAN Extreme Insanity Hybrid Workout

Week 1

Monday - ChaLEAN Extreme Burn Circuit 1
Tuesday - Insanity Pure Cardio / Ab Burner
Wednesday - ChaLEAN Extreme Burn Circuit 2
Thursday - Insanity Plyo Cardio Circuit
Friday - ChaLEAN Extreme Burn Circuit 3
Saturday - ChaLEAN Extreme Burn it off / Insanity Cardio Abs
Sunday - Rest Day

Week 3

Monday - ChaLEAN Extreme Burn Circuit 1
Tuesday - Insanity Plyo Cardio Circuit
Wednesday - ChaLEAN Extreme Burn Circuit 2
Thursday - ChaLEAN Extreme Burn Intvls/Insanity Cardio Abs
Friday - ChaLEAN Extreme Burn Circuit 3
Saturday - Insanity Pure Cardio / ChaLEAN Extreme Ab Burner
Sunday - Rest Day

Week 5

Monday - ChaLEAN Extreme Push Circuit 1 / Ab Burner
Tuesday - Insanity Plyo Cardio Circuit
Wednesday - ChaLEAN Extreme Push Circuit 2
Thursday - Insanity Cardio Power & Resistance
Friday - ChaLEAN Extreme Push Circuit 3
Saturday - Insanity Pure Cardio / Cardio Abs
Sunday - Rest Day

Week 2

Monday - ChaLEAN Extreme Burn Circuit 1
Tuesday - Insanity Cardio Power & Resistance
Wednesday - ChaLEAN Extreme Burn Circuit 2 / Ab Burner
Thursday - Insanity Plyo Cardio Circuit
Friday - ChaLEAN Extreme Burn Circuit 3
Saturday - Insanity Pure Cardio / Cardio Abs
Sunday - Rest Day

Week 4

Monday - ChaLEAN Extreme Burn Circuit 1
Tuesday - Insanity Cardio Power & Resistance
Wednesday - ChaLEAN Extreme Burn Circuit 2 / Ab Burner
Thursday - Insanity Plyo Cardio Circuit
Friday - ChaLEAN Extreme Burn Circuit 3
Saturday - Insanity Pure Cardio / Cardio Abs
Sunday - Rest Day

Week 6

Monday - ChaLEAN Extreme Push Circuit 1 / Ab Burner
Tuesday - Insanity Cardio Power & Resistance
Wednesday - ChaLEAN Extreme Push Circuit 2
Thursday - Insanity Max Cardio Conditioning / Cardio Abs
Friday - ChaLEAN Extreme Push Circuit 3
Saturday - Insanity Max Interval Plyo
Sunday - Rest Day

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Week 7

Monday - ChaLEAN Extreme Push Circuit 1 / Insanity Cardio Abs
Tuesday - Insanity Max Interval Circuit
Wednesday - ChaLEAN Extreme Push Circuit 2
Thursday - Insanity Max Cardio Cond./ ChaLEAN - Extreme Abs
Friday - ChaLEAN Extreme Push Circuit 3
Saturday - Max Interval Plyo
Sunday - Rest Day

Week 9

Monday - ChaLEAN Extreme Lean Circuit 1
Tuesday - Insanity Max Cardio Conditioning / Insanity Cardio Abs
Wednesday - ChaLEAN Extreme Lean Circuit 2
Thursday - Insanity Max Interval Plyo
Friday - ChaLEAN Extreme Lean Circuit 3 / I've Got Abs
Saturday - Insanity Max Interval Circuit.
Sunday - Rest Day

Week 11

Monday - ChaLEAN Extreme Lean Circuit 1
Tuesday - Insanity Max Cardio Conditioning / Insanity Cardio Abs
Wednesday - ChaLEAN Extreme Lean Circuit 2
Thursday - Insanity Max Interval Sports Training / Insane Abs
Friday - ChaLEAN Extreme Lean Circuit 3
Saturday - Insanity Max Interval Circuit
Sunday - Rest Day

Week 8

Monday - ChaLEAN Extreme Push Circuit 1
Tuesday - Insanity Max Interval Circuit
Wednesday - ChaLEAN Extreme Push Circuit 2 / Extreme Abs
Thursday - Insanity Max Interval Plyo
Friday - ChaLEAN Extreme Push Circuit 3
Saturday - Insanity Max Cardio Conditioning / Cardio Abs
Sunday - Rest Day

Week 10

Monday - ChaLEAN Extreme Lean Circuit 1 / Extreme Abs
Tuesday - Insanity Max Interval Circuit
Wednesday - ChaLEAN Extreme Lean Circuit 2
Thursday - Insanity Max Interval Plyo
Friday - ChaLEAN Extreme - Lean Circuit 3
Saturday - ChaLEAN Extreme - Fat Burn Challenge / I've Got Abs
Sunday - Rest Day

Week 12

Monday - ChaLEAN Extreme Lean Circuit 1
Tuesday - Insanity Interval Plyo
Wednesday - ChaLEAN Extreme Lean Circuit 2
Thursday - Insanity Max Interval Sports Training / Insane Abs
Friday - ChaLEAN Extreme - Lean Circuit 3
Saturday - ChaLEAN Extreme - Fat Burn Challenge / I've Got Abs
Sunday - Rest Day