# Insanity Deluxe Workout Calendar

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<td>2</td>
<td>Plyometric Cardio Circuit</td>
<td>3</td>
<td>Cardio Power &amp; Resistance</td>
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## Recovery Week

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<td>Max Cardio Conditioning</td>
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<td>Fit Test</td>
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## Fit Test

- Switch Kicks
- Power Jacks
- Power Knees
- Power Jumps
- Globe Jumps
- Suicide Jumps
- Push-up Jacks
- Plank Oblique
- Weight