

## Peloton, LIIFT 4 and Insanity Max 30 – The Ultimate Hybrid Calendar

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	Off
W E E K  1	<b>CHEST/TRICEPS</b> LIIFT 50/50	<b>CARDIO CHALLENGE</b> Insanity Max 30  & <b>PELTON</b> 20 or 30 min	<b>BACK/BICEPS CIRCUIT</b> LIIFT 50/50	<b>TABATA POWER</b> Insanity Max 30  & <b>PELTON</b> 20 or 30 min	<b>SHOULDERS</b> LIIFT Intervals	<b>LEGS</b> LIIFT 50/50	
	Press			Full Curl		Press	Front Squat
	Fly			Ham Curl		Up Row	Goblet Sumo
	Dec Press			Wide Curl		Front Raise	Dead Lift
	Rot. Press			Top Curl		Lat Raise	Calf Raise
	Tri Kick			Bot Curl		Y Raise	Alt Side Lung
	Skull			Trad Row		Fly	Bridge
	Tri Press			Wide Row		Swim	Pulsing Squat
	Single Side Crush			Rev Fly			Rev Alt Lunge
			Pull over				
	& <b>AB ATTACK: 10</b> Insanity Max 30		& <b>AB ATTACK: 10</b> Insanity Max 30		& <b>AB ATTACK: 10</b> Insanity Max 30	& <b>Sweat Interval</b> Insanity Max 30	

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	Tri Kick			Bot Curl	Y Raise	Alt Side Lung	
	Skull			Trad Row	Fly	Bridge	
	Tri Press			Wide Row	Swim	Pulsing Squat	
	Single Side Crush			Rev Fly		Rev Alt Lunge	
			Pull Over				
	&		&		&	&	
	<b>AB ATTACK: 10</b> Insanity Max 30		<b>AB ATTACK: 10</b> Insanity Max 30		<b>AB ATTACK: 10</b> Insanity Max 30	<b>FRIDAY FIGHT: RN 2</b> Insanity Max 30	

## Peloton, LIIFT 4 and Insanity Max 30 – The Ultimate Hybrid Calendar

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W E E K  4	<b>CHEST/TRICEPS CIRCUIT</b>	<b>MAX OUT CARDIO</b> Insanity Max 30	<b>BACK/BICEPS LIIFT 50/50</b>	<b>MAX OUT STRENGTH</b> Insanity Max 30	<b>SHOULDERS LIIFT Intervals</b>	<b>LEGS -HITT</b>	
						&	
	1		1			<b>SWEAT FEST</b> Insanity Max 30	
	2		2			&	
	3		3			<b>PELTON</b> 20 min	
	Press		Full Curl		Press		
	Fly		Ham Curl		Up Row		
	Dec Press		Wide Curl		Front Raise		
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