









# INSANITY

## FIT TEST

1. SWITCH KICKS		2. POWER JACKS		3. POWER KNEES		4. POWER JUMPS	
L 	R 						
2 KICKS = 1 REP							

MOVE	FIT TEST 1 (DAY 1)	FIT TEST 2 (DAY 15)	FIT TEST 3 (DAY 30)	FIT TEST 4 (DAY 50)	FIT TEST 5 (DAY 63)
1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					

5. GLOBE JUMPS		6. SUICIDE JUMPS		7. PUSH-UP JACKS		8. LOW PLANK OBLIQUE	
							
4 JUMPS = 1 REP							

MOVE	FIT TEST 1 (DAY 1)	FIT TEST 2 (DAY 15)	FIT TEST 3 (DAY 30)	FIT TEST 4 (DAY 50)	FIT TEST 5 (DAY 63)
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					

INSANITY is an extreme and physically demanding workout. This is NOT for beginners or individuals with any medical condition which may be compromised by extreme cardio and strength exercises. Consult your physician and read the enclosed materials before beginning this program.

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# Insanity Course Manual

**Edward Cox Mann**



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## **Table of Contents Insanity Course Manual**

1. Understanding the eBook Insanity Course Manual
  - The Rise of Digital Reading Insanity Course Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Insanity Course Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Insanity Course Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Insanity Course Manual
  - Personalized Recommendations
  - Insanity Course Manual User Reviews and Ratings
  - Insanity Course Manual and Bestseller Lists
5. Accessing Insanity Course Manual Free and Paid eBooks

- Insanity Course Manual Public Domain eBooks
  - Insanity Course Manual eBook Subscription Services
  - Insanity Course Manual Budget-Friendly Options
6. Navigating Insanity Course Manual eBook Formats
    - ePub, PDF, MOBI, and More
    - Insanity Course Manual Compatibility with Devices
    - Insanity Course Manual Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Insanity Course Manual
    - Highlighting and Note-Taking Insanity Course Manual
    - Interactive Elements Insanity Course Manual
  8. Staying Engaged with Insanity Course Manual
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Insanity Course Manual
  9. Balancing eBooks and Physical Books Insanity Course Manual
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Insanity Course Manual
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Insanity Course Manual
    - Setting Reading Goals Insanity Course Manual
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Insanity Course Manual
    - Fact-Checking eBook Content of Insanity Course Manual
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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