

# INSANITY

## FIT TEST

### 1. SWITCH KICKS



2 KICKS = 1 REP

### 2. POWER JACKS



### 3. POWER KNEES



### 4. POWER JUMPS



#### 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 62)

1. SWITCH KICKS

64

2. POWER JACKS

48

3. POWER KNEES

86

4. POWER JUMPS

39

### 5. GLOBE JUMPS



4 JUMPS = 1 REP

### 6. SUICIDE JUMPS



### 7. PUSH-UP JACKS



### 8. LOW PLANK OBLIQUE



#### 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 62)

5. GLOBE JUMPS

9

6. SUICIDE JUMPS

18

7. PUSH-UP JACKS

32

8. LOW PLANK OBLIQUE

48

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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# Measurement Guide For Insanity Workout

**Arturo Cuomo**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Measurement Guide For Insanity Workout:**

## Measurement Guide For Insanity Workout Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Measurement Guide For Insanity Workout**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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