

# 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

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# Insanity Workout Guide Let

**CH Cherryholmes**

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

## **Insanity Workout Guide Let:**

## **Insanity Workout Guide Let** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Insanity Workout Guide Let**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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