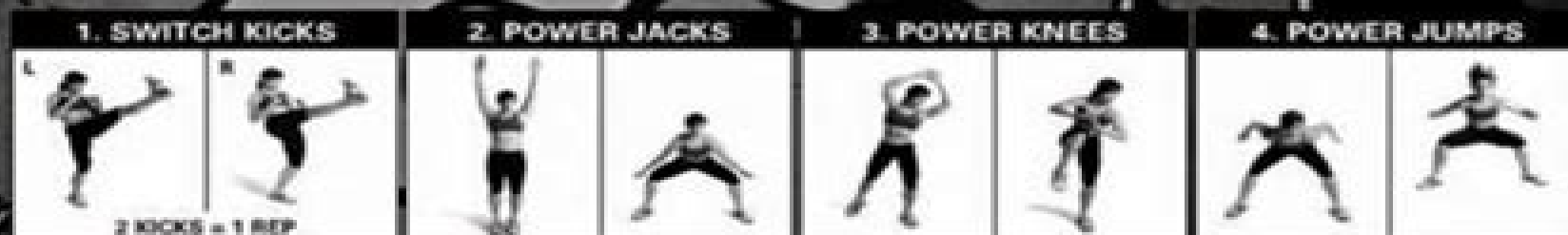


INSANITY

FIT TEST



MOVE	FIT TEST 1 11/07/11	FIT TEST 2 08/08/11	FIT TEST 3	FIT TEST 4	FIT TEST 5
1. SWITCH KICKS	82	81 (-1)			
2. POWER JACKS	55	70 (+15)			
3. POWER KNEES	84	101 (+17)			
4. POWER JUMPS	52	58 (+6)			

www.rachelfiedderman1.blogspot.com



MOVE	FIT TEST 1 11/07/11	FIT TEST 2 08/08/11	FIT TEST 3	FIT TEST 4	FIT TEST 5
5. GLOBE JUMPS	11	11 (-)			
6. SUICIDE JUMPS	18	19 (+1)			
7. PUSH-UP JACKS	24	30 (+6)			
8. LOW PLANK OBLIQUE	80	95 (+15)			

Insanity Start Up Guide

Guillaume Favre

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 Start Up Guide:

Insanity Start Up Guide Book Review: Unveiling the Magic of Language

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

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