

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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Hussin A.Rothana



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