

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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Exercise Guide Insanity

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.

Exercise Guide Insanity:

This book delves into Exercise Guide Insanity. Exercise Guide Insanity is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Exercise Guide Insanity, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Exercise Guide Insanity
- Chapter 2: Essential Elements of Exercise Guide Insanity
- Chapter 3: Exercise Guide Insanity in Everyday Life
- Chapter 4: Exercise Guide Insanity in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Exercise Guide Insanity. The first chapter will explore what Exercise Guide Insanity is, why Exercise Guide Insanity is vital, and how to effectively learn about Exercise Guide Insanity.
3. In chapter 2, the author will delve into the foundational concepts of Exercise Guide Insanity. The second chapter will elucidate the essential principles that need to be understood to grasp Exercise Guide Insanity in its entirety.
4. In chapter 3, this book will examine the practical applications of Exercise Guide Insanity in daily life. The third chapter will showcase real-world examples of how Exercise Guide Insanity can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Exercise Guide Insanity in specific contexts. The fourth chapter will explore how Exercise Guide Insanity is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Exercise Guide Insanity. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Exercise Guide Insanity.

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