

INSANITY MONTH 1



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	FIT TEST	PLYOMETRIC CARDIO CIRCUIT	CARDIO POWER & RESISTANCE	CARDIO RECOVERY	PURE CARDIO	PLYOMETRIC Cardio Circuit	REST
WEEK 2	CARDIO POWER & RESISTANCE	PURE CARDIO	CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PURE CARDIO & CARDIO ABS	REST
WEEK 3	FIT TEST	CARDIO CIRCUIT	PURE CARDIO & CARDIO ABS	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	REST
WEEK 4	PURE CARDIO & CARDIO ABS	CARDIO POWER & RESISTANCE	PLYOMETRIC Cardio Circuit	CARDIO RECOVERY	PURE CARDIO & CARDIO ABS	PLYOMETRIC CARDIO CIRCUIT	REST
RECOVERY WEEK	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	REST

Insanity Fitness Guide

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web oct 10 2018 the feeder conductors to the fire pump and associated equipment are required to have an ampacity not less than 125 percent of the full load current flc rating of the fire pump motor s and pressure maintenance pump motor s plus 100 percent of associated accessory equipment

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web above in all three auto positions the pumps shall be stopped by hand only as it will be common practice to run the diesel and electrical fire pump at least once a week for a couple of minutes and to prevent any damage to the pumps a return pipe to the reservoir sized for approximately 35 of the pump s duty point flow is to be

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