









INSANITY

FIT TEST

1. SWITCH KICKS		2. POWER JACKS		3. POWER KNEES		4. POWER JUMPS	
L 	R 						
2 KICKS = 1 REP							

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 63)
1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					

5. GLOBE JUMPS		6. SUICIDE JUMPS		7. PUSH-UP JACKS		8. LOW PLANK OBLIQUE	
							
4 JUMPS = 1 REP							

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 63)
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					

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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Jianjun Gao



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Table of Contents Insanity Quick Start Guide

1. Understanding the eBook Insanity Quick Start Guide
 - The Rise of Digital Reading Insanity Quick Start Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Insanity Quick Start Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Insanity Quick Start Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Insanity Quick Start Guide
 - Personalized Recommendations
 - Insanity Quick Start Guide User Reviews and Ratings
 - Insanity Quick Start Guide and Bestseller Lists
5. Accessing Insanity Quick Start Guide Free and Paid eBooks

- Insanity Quick Start Guide Public Domain eBooks
- Insanity Quick Start Guide eBook Subscription Services
- Insanity Quick Start Guide Budget-Friendly Options
- 6. Navigating Insanity Quick Start Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Insanity Quick Start Guide Compatibility with Devices
 - Insanity Quick Start Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Insanity Quick Start Guide
 - Highlighting and Note-Taking Insanity Quick Start Guide
 - Interactive Elements Insanity Quick Start Guide
- 8. Staying Engaged with Insanity Quick Start Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Insanity Quick Start Guide
- 9. Balancing eBooks and Physical Books Insanity Quick Start Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Insanity Quick Start Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Insanity Quick Start Guide
 - Setting Reading Goals Insanity Quick Start Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Insanity Quick Start Guide
 - Fact-Checking eBook Content of Insanity Quick Start Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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