

# 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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# Insanity Workout Quick Start Guide

**RJ Shavelson**



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