FIT TEST

1. SWITCH KICKS







3. POWER KNEES



4. POWER JUMPS



2	KUC	KS.	m 10	REP

MOVE	FIT TEST 1	FIT TEST 2	FIT TEST 3	FIT TEST 4	FIT TEST 5
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



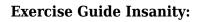
MOVE	FIT TEST 1	FIT TEST 2	FIT TEST 3	FIT TEST 4	FIT TEST 5
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5. GLUBE JUMPS	9	7		
6. SUICIDE JUMPS	18			Į.
7. PUSH-UP JACKS	32	-	 ŝ	Ţ
8 LOW PLANK OBLIQUE	48			



Exercise Guide Insanity

Jicheng Xie



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