









# 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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# Insanity Documents Fitness Guide

**IM Harris**



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**User's Guide** ,1985      Documents Massachusetts. General Court. House of Representatives,1914      **Monthly Catalogue, United States Public Documents** ,1987      *Official Documents, Comprising the Department and Other Reports Made to the Governor, Senate and House of Representatives of Pennsylvania* ,1892      **A Guide to Defense Contracting** Dan Lindner,2024-10-14 The federal government is the largest buyer of goods and services in the world spending hundreds of billions per year and employing hundreds of thousands of people as civil servants military or contractors Over the years volumes of regulations and policies have evolved to impact this buying A Guide to Defense Contracting Principles and Practices helps to demystify the process providing in one volume a succinct yet thorough guide to federal contracting requirements or regulations Bringing together concepts of business law politics public and social policy pricing and contract placement and administration Dan Lindner draws on 40 years of federal government experience to cover the vast spread of this important process that impacts our daily government operations      *Annual Report of the State Board of Insanity of the Commonwealth of Massachusetts* Massachusetts. State Board of Insanity,1912 A Directory of institutions is included also 1898 99 1914 15      **SNI** National Criminal Justice Reference Service (U.S.),1979      *Principles and Practice of Forensic Psychiatry* Richard Rosner,Charles Scott,2017-02-03 The third edition of this award winning textbook has been revised and thoroughly updated Building on the success of the previous editions it continues to address the history and practice of forensic psychiatry legal regulation of the practice of psychiatry forensic evaluation and treatment psychiatry in relation to civil law criminal law and family law as well as correctional forensic psychiatry New chapters address changes in the assessment and treatment of aggression and violence as well as psychological and neuroimaging assessments

**Executive Documents of the State of Minnesota for the Year ...** Minnesota,1891      *Handbook of Forensic Mental Health Services* Ronald Roesch,Alana N. Cook,2017-05-18 Handbook of Forensic Mental Health Services focuses on assessment treatment and policy issues regarding juveniles and adults in the criminal and civil systems Uniquely this volume is designed for professionals who deliver mental health services rather than researchers Just like its parent series its goal revolves around improving the quality of mental health care services in forensic settings It achieves this by integrating the findings related to clinical practice administration and policy from trends and best practice internationally that mental health professionals can implement      **Document Retrieval Index** ,1976      *Executive Documents, Minnesota ...* Minnesota,1891

Principles and Practice of Forensic Psychiatry, Third Edition Richard Rosner,Charles Scott,2017-02-03 The third edition of this award winning textbook has been revised and thoroughly updated Building on the success of the previous editions it continues to address the history and practice of forensic psychiatry legal regulation of the practice of psychiatry forensic evaluation and treatment psychiatry in relation to civil law criminal law and family law as well as correctional forensic psychiatry New chapters address changes in the assessment and treatment of aggression and violence as well as

psychological and neuroimaging assessments      *Documents of the Senate of the State of New York* New York (State).  
Legislature. Senate,1882      **Manual of Rules for the Superintendence and Management of Jails in Burma** Burma.  
Prison Department,1949      **Documents of the Assembly of the State of New York** New York (State). Legislature.  
Assembly,1886      *The Architect's Guide to Law and Practice* Bob Greenstreet,Karen Greenstreet,1984      **Resources in**  
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