

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

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 Workout Guide Booklet

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Insanity Workout Guide Booklet:

Whispering the Strategies of Language: An Psychological Quest through **Insanity Workout Guide Booklet**

In a digitally-driven earth wherever monitors reign great and immediate connection drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within words usually get unheard. However, located within the pages of **Insanity Workout Guide Booklet** a charming fictional prize pulsing with natural feelings, lies an exceptional journey waiting to be undertaken. Published by an experienced wordsmith, that charming opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very cloth of each and every word. Within the mental depths of the poignant evaluation, we shall embark upon a heartfelt exploration of the book is core subjects, dissect its fascinating writing design, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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