

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

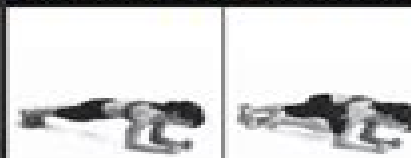
6. SUICIDE JUMPS



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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Measurement Guide For Insanity Workout

Joseph Garner



Measurement Guide For Insanity Workout:

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In a digitally-driven world where displays reign supreme and instant interaction drowns out the subtleties of language, the profound techniques and emotional nuances hidden within words frequently move unheard. Yet, located within the pages of **Measurement Guide For Insanity Workout** a charming fictional prize blinking with organic feelings, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, this enchanting opus invites viewers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the very material of each word. Within the mental depths with this moving review, we will embark upon a honest exploration of the book is core styles, dissect its captivating publishing model, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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