

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

Conrad Riker



Measurement Guide For Insanity Workout:

This book delves into Measurement Guide For Insanity Workout. Measurement Guide For Insanity Workout is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Measurement Guide For Insanity Workout, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Measurement Guide For Insanity Workout
 - Chapter 2: Essential Elements of Measurement Guide For Insanity Workout
 - Chapter 3: Measurement Guide For Insanity Workout in Everyday Life
 - Chapter 4: Measurement Guide For Insanity Workout in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Measurement Guide For Insanity Workout. This chapter will explore what Measurement Guide For Insanity Workout is, why Measurement Guide For Insanity Workout is vital, and how to effectively learn about Measurement Guide For Insanity Workout.
 3. In chapter 2, the author will delve into the foundational concepts of Measurement Guide For Insanity Workout. The second chapter will elucidate the essential principles that need to be understood to grasp Measurement Guide For Insanity Workout in its entirety.
 4. In chapter 3, this book will examine the practical applications of Measurement Guide For Insanity Workout in daily life. This chapter will showcase real-world examples of how Measurement Guide For Insanity Workout can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Measurement Guide For Insanity Workout in specific contexts. This chapter will explore how Measurement Guide For Insanity Workout is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Measurement Guide For Insanity Workout. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Measurement Guide For Insanity Workout.

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