

# 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 26)

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

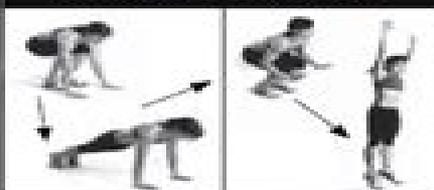
39

### 5. GLOBE JUMPS



4 JUMPS = 1 REP

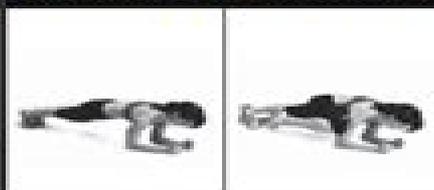
### 6. SUICIDE JUMPS



### 7. PUSH-UP JACKS



### 8. LOW PLANK OBLIQUE



#### MOVE

FIT TEST 1  
(DAY 1)

FIT TEST 2  
(DAY 15)

FIT TEST 3  
(DAY 26)

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

**Rose Army**



## Measurement Guide For Insanity Workout:

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