

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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Ian Pickup



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In a digitally-driven earth wherever monitors reign great and instant conversation drowns out the subtleties of language, the profound secrets and psychological nuances hidden within words frequently go unheard. Yet, located within the pages of **Measurement Guide For Insanity Workout** a fascinating literary prize pulsing with natural emotions, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, that marvelous opus invites viewers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within ab muscles material of every word. Within the psychological depths of the emotional review, we can embark upon a sincere exploration of the book is primary styles, dissect its charming writing model, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

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complement b they occur on the surface of lymphocytes c they predominate in the primary response to antigen d they are
glycoproteins e they mediate allergic reaction 2 one principal function of complement is to

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