

# INSANITY

## FIT TEST

### 1. SWITCH KICKS

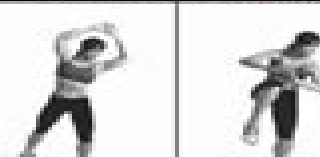


2 KICKS = 1 REP

### 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

**Thomas H. Woodward**

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## **Table of Contents Measurement Guide For Insanity Workout**

1. Understanding the eBook Measurement Guide For Insanity Workout
  - The Rise of Digital Reading Measurement Guide For Insanity Workout
  - Advantages of eBooks Over Traditional Books
2. Identifying Measurement Guide For Insanity Workout
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Measurement Guide For Insanity Workout
  - User-Friendly Interface
4. Exploring eBook Recommendations from Measurement Guide For Insanity Workout
  - Personalized Recommendations
  - Measurement Guide For Insanity Workout User Reviews and Ratings
  - Measurement Guide For Insanity Workout and Bestseller Lists
5. Accessing Measurement Guide For Insanity Workout Free and Paid eBooks

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- Measurement Guide For Insanity Workout Budget-Friendly Options
- 6. Navigating Measurement Guide For Insanity Workout eBook Formats
  - ePub, PDF, MOBI, and More
  - Measurement Guide For Insanity Workout Compatibility with Devices
  - Measurement Guide For Insanity Workout Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Measurement Guide For Insanity Workout
  - Highlighting and Note-Taking Measurement Guide For Insanity Workout
  - Interactive Elements Measurement Guide For Insanity Workout
- 8. Staying Engaged with Measurement Guide For Insanity Workout
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Measurement Guide For Insanity Workout
- 9. Balancing eBooks and Physical Books Measurement Guide For Insanity Workout
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Measurement Guide For Insanity Workout
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Measurement Guide For Insanity Workout
  - Setting Reading Goals Measurement Guide For Insanity Workout
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Measurement Guide For Insanity Workout
  - Fact-Checking eBook Content of Measurement Guide For Insanity Workout
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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