

# Insanity Fitness & Measurement Tracker

## FIT TEST

You can also find this Fit Test on the DIG DEEPER DVD. Perform each of the exercises listed below for one minute. Do as many reps as you can in one minute and record below. Rest when needed. Be sure to warm up first.

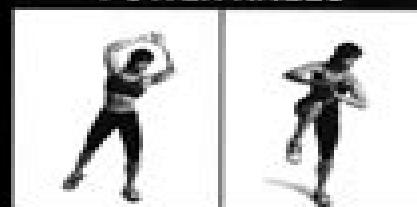
### SWITCH KICKS



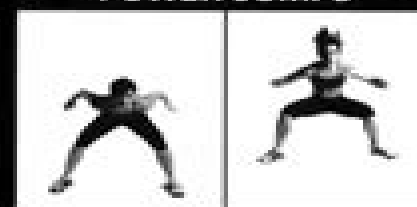
### POWER JACKS



### POWER KNEES



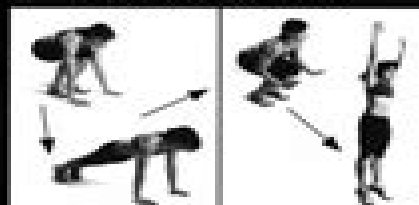
### POWER JUMPS



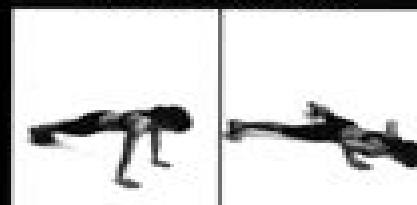
### GLOBE JUMPS



### SUICIDE JUMPS



### PUSH-UP JACKS



### 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 60)

1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					

# Insanity Fit Test Paper

**S Ben Porath**



## **Insanity Fit Test Paper:**

## Unveiling the Power of Verbal Art: An Mental Sojourn through **Insanity Fit Test Paper**

In some sort of inundated with displays and the cacophony of quick communication, the profound energy and mental resonance of verbal art usually disappear into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, located within the musical pages of **Insanity Fit Test Paper**, a charming function of literary elegance that impulses with raw thoughts, lies an remarkable trip waiting to be embarked upon. Published by a virtuoso wordsmith, this magical opus guides viewers on a psychological odyssey, softly revealing the latent possible and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is main subjects, dissect its charming writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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