FIT TEST

1. SWITCH KICKS







3. POWER KNEES



4. POWER JUMPS



| 2. | KIICKS | 30 T | REP |
|----|--------|------|-----|
| | | | |

| MOVE | FIT TEST 1 | FIT TEST 2 | FIT TEST 3 | FIT TEST 4 | FIT TEST 5 |
|-----------------|------------|------------|------------|------------|------------|
| 1. SWITCH KICKS | 64 | | | | |
| 2. POWER JACKS | 48 | Ċ. | i i | | |
| 3. POWER KNEES | 86 | | | | |
| 4. POWER JUMPS | 39 | | | | |

5. GLOBE JUMPS



4 JUMPS = 1 REP.





7. PUSH-UP JACKS



8. LOW PLANK OBLIQUE



| MOVE | FIT TEST 1 | FIT TEST 2 | FIT TEST 3 | FIT TEST 4 | FIT TEST 5 |
|----------------------|------------|------------|------------|------------|------------|
| 5. GLOBE JUMPS | 9 | | | | |
| 6. SUICIDE JUMPS | 18 | | | | |
| 7. PUSH-UP JACKS | 32 | | | Ş | Į. |
| 8. LOW PLANK OBLIQUE | 48 | | | es . | |



Insanity Workout Training Guide

R. K. Devlin

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In some sort of driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Insanity Workout Training Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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