## 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				
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8. LOW PLANK OBLIQUE	48			es .	



# **Insanity Workout User Manual**

**K Morrison** 

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