















INSANITY

FIT TEST

1. SWITCH KICKS		2. POWER JACKS		3. POWER KNEES		4. POWER JUMPS	
L 	R 						
2 KICKS = 1 REP							

MOVE	FIT TEST 1 (DAY 1)	FIT TEST 2 (DAY 15)	FIT TEST 3 (DAY 36)	FIT TEST 4 (DAY 50)	FIT TEST 5 (DAY 63)
1. SWITCH KICKS	64				
2. POWER JACKS	48				
3. POWER KNEES	86				
4. POWER JUMPS	39				

5. GLOBE JUMPS		6. SUICIDE JUMPS		7. PUSH-UP JACKS		8. LOW PLANK OBLIQUE	
							
4 JUMPS = 1 REP							

MOVE	FIT TEST 1 (DAY 1)	FIT TEST 2 (DAY 15)	FIT TEST 3 (DAY 36)	FIT TEST 4 (DAY 50)	FIT TEST 5 (DAY 63)
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 exercise. Consult your physician and read the enclosed materials before beginning this program.

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