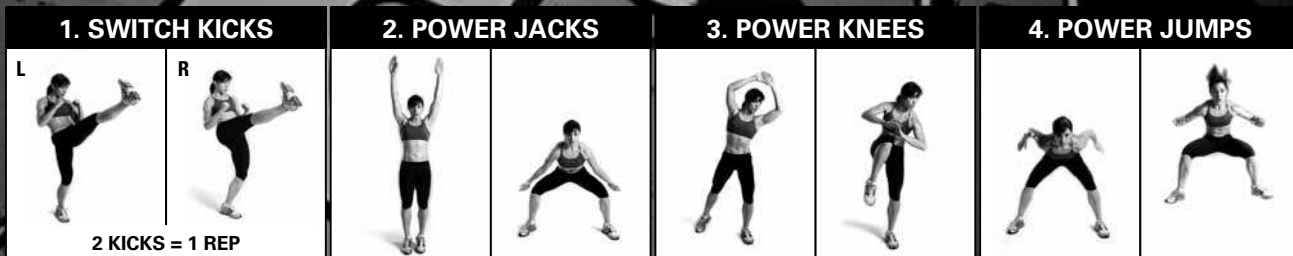


# INSANITY

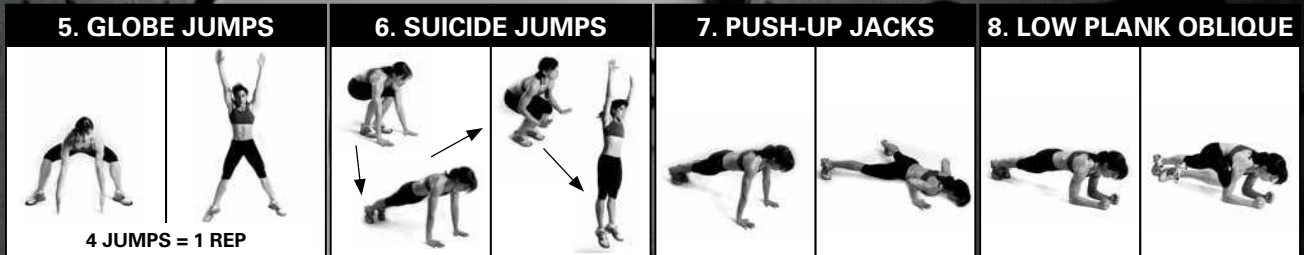
## FIT TEST



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					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					

You can also find this Fit Test on the DIG DEEPER DVD. Perform the moves listed above. Do as many reps as you can in one minute then record your results after every exercise. Remember to warm up first and rest when needed.

# FIT TEST, CONT.



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					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					

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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