

# THE NEW INSANITY WORKOUT

**WARNING: THE FOLLOWING WORKOUT** may cause extreme sweating, uncontrollable grunting, and intense muscle burn. Repeated exposure can result in rapid fat loss, accelerated muscle growth, and a daily workout obsession. "There's only one word to describe it: *insane*," says trainer Shaun T, who designed the workout based on the principles of his new fit-

Round No. \_\_\_\_\_

## 1



### Pushup Jack with Shoulder Tap

Assume a plank position and lower your chest until it nearly touches the floor [A]. Push up explosively, spreading your feet and touching your left shoulder with your right hand [B]. Lower and repeat, this time touching your right shoulder with your left hand. Continue alternating.



### Genie Tuck Jump

Stand tall with one forearm stacked on top of the other in front of your chest [A]. Push your hips back and bend your knees in preparation to jump [B]. Spring off the floor, jumping as high as you can while tucking your knees toward your chest [C]. Land softly and repeat.

Round No. \_\_\_\_\_

## 2



### Dive Pushup

Assume a plank position and raise your hips so your body forms an upside-down V [A]. Drop your hips and simultaneously pull your body forward, lowering your torso until your chest is a few inches from the floor [B]. Reverse the move to return to the starting position. Repeat.



### 360 Squat

Stand with your feet beyond shoulder width. Bend your knees, push your hips back, and reach your arms between your legs, touching the floor with your fingertips [A]. Hop and turn 90 degrees to your right [B]. Continue to hop in place clockwise. Change direction each set.

Round No. \_\_\_\_\_

## 3



### Pike-Up Spider Lunge

Assume a plank position and raise your hips so your body forms an upside-down V [A]. Step forward with your right foot, bringing it next to your right hand [B]. Return to the starting position and repeat, this time bringing your left foot next to your left hand. Continue alternating.



### Ab Attack

From a standing position, jump your feet apart and drop into a squat, reaching right [A]. Explode up, shifting your weight to your left leg and raising your right knee [B]. Repeat, this time reaching left, shifting your weight to your right leg, and raising your left knee. Continue alternating.

# Insanity Workout User Manual

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## **Table of Contents Insanity Workout User Manual**

1. Understanding the eBook Insanity Workout User Manual
  - The Rise of Digital Reading Insanity Workout User Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Insanity Workout User Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Insanity Workout User Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Insanity Workout User Manual
  - Personalized Recommendations
  - Insanity Workout User Manual User Reviews and Ratings
  - Insanity Workout User Manual and Bestseller Lists
5. Accessing Insanity Workout User Manual Free and Paid eBooks
  - Insanity Workout User Manual Public Domain eBooks
  - Insanity Workout User Manual eBook Subscription Services
  - Insanity Workout User Manual Budget-Friendly Options

6. Navigating Insanity Workout User Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Insanity Workout User Manual Compatibility with Devices
  - Insanity Workout User Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Insanity Workout User Manual
  - Highlighting and Note-Taking Insanity Workout User Manual
  - Interactive Elements Insanity Workout User Manual
8. Staying Engaged with Insanity Workout User Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Insanity Workout User Manual
9. Balancing eBooks and Physical Books Insanity Workout User Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Insanity Workout User Manual
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Insanity Workout User Manual
  - Setting Reading Goals Insanity Workout User Manual
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Insanity Workout User Manual
  - Fact-Checking eBook Content of Insanity Workout User Manual
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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