

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

**Edward Thomas Devine, Paul
Underwood Kellogg**



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