

# INSANITY

## FIT TEST

1. SWITCH KICKS		2. POWER JACKS		3. POWER KNEES		4. POWER JUMPS				
2 KICKS = 1 REP										
MOVE	FIT TEST 1 (2007-9)		FIT TEST 2 (2007-10)		FIT TEST 3 (2007-11)		FIT TEST 4 (2007-12)		FIT TEST 5 (2007-13)	
1. SWITCH KICKS										
2. POWER JACKS										
3. POWER KNEES										
4. POWER JUMPS										

You can also find this Fit Test on the **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.

5. GLOBE JUMPS		6. SUICIDE JUMPS		7. PUSH-UP JACKS		8. LOW PLANK OBLIQUE				
4 JUMPS = 1 REP										
MOVE	FIT TEST 1 (2007-9)		FIT TEST 2 (2007-10)		FIT TEST 3 (2007-11)		FIT TEST 4 (2007-12)		FIT TEST 5 (2007-13)	
5. GLOBE JUMPS										
6. SUICIDE JUMPS										
7. PUSH-UP JACKS										
8. LOW PLANK OBLIQUE										

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# Insanity Documents Fitness Guide

**Lei Shi**



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**Commonwealth of Massachusetts** Massachusetts. State Board of Insanity,1912 A Directory of institutions is included also  
1898 99 1914 15      **Documents of the Senate of the State of New York** New York (State). Legislature. Senate,1882  
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