

# Insanity Fitness & Measurement Tracker

## FIT TEST

You can also find this Fit Test on the DIG DEEPER DVD. Perform each of the exercises listed below for one minute. Do as many reps as you can in one minute and record below. Rest when needed. Be sure to warm up first.

### SWITCH KICKS



### POWER JACKS



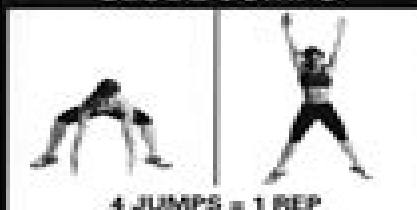
### POWER KNEES



### POWER JUMPS



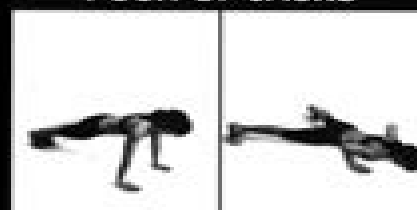
### GLOBE JUMPS



### SUICIDE JUMPS



### PUSH-UP JACKS



### LOW PLANK OBLIQUE



### MOVE

### FIT TEST 1 (DAY 1)

### FIT TEST 2 (DAY 15)

### FIT TEST 3 (DAY 30)

### FIT TEST 4 (DAY 50)

### FIT TEST 5 (DAY 63)

1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					

# Measurement Guide For Insanity Workout

**Albert A Gayle**



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