

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



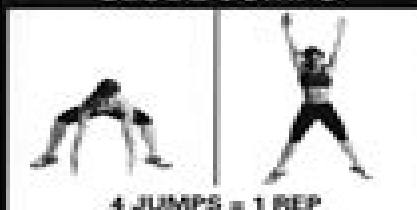
POWER KNEES



POWER JUMPS



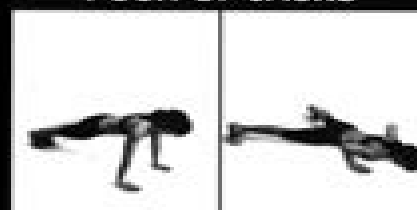
GLOBE JUMPS



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

Huangqi Zhang



Measurement Guide For Insanity Workout:

Whispering the Strategies of Language: An Mental Journey through **Measurement Guide For Insanity Workout**

In a digitally-driven earth wherever monitors reign supreme and instant communication drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within words often go unheard. Yet, nestled within the pages of **Measurement Guide For Insanity Workout** a charming fictional treasure blinking with organic feelings, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, that wonderful opus encourages visitors on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the fabric of every word. Within the psychological depths of this touching review, we can embark upon a sincere exploration of the book is key themes, dissect its charming publishing style, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

<https://crm.allthingsbusiness.co.uk/data/scholarship/fetch.php/modern%20mandarin%20chinese%20grammar%20workbook%20modern%20grammar%20workbooks.pdf>

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