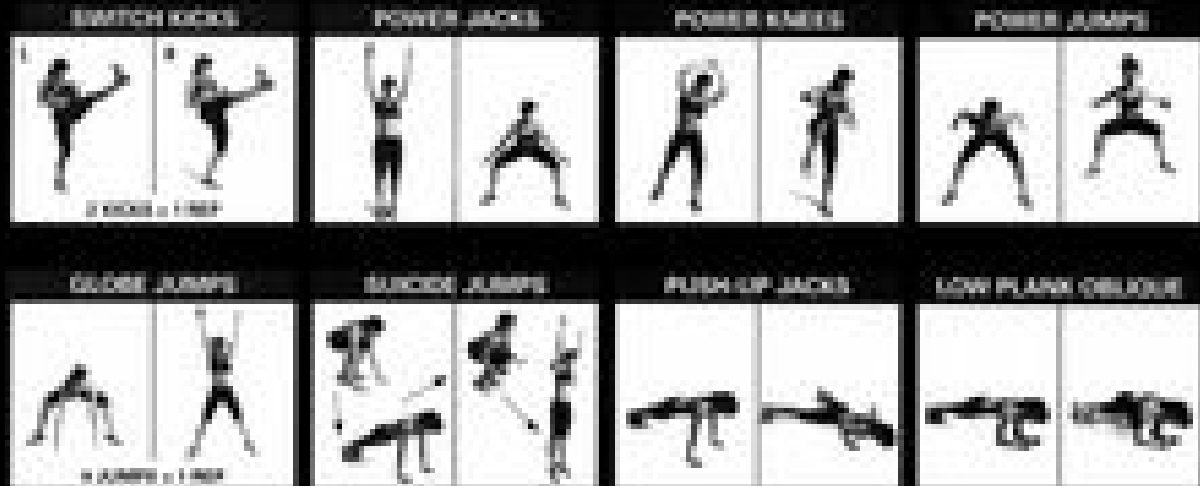


# Insanity Fitness & Measurement Tracker

## 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.



MOVE	FIT TEST 1 <small>(1:00-1:30)</small>	FIT TEST 2 <small>(1:30-2:00)</small>	FIT TEST 3 <small>(2:00-2:30)</small>	FIT TEST 4 <small>(2:30-3:00)</small>	FIT TEST 5 <small>(3:00-3:30)</small>
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 DELIVER					