

# **Breaking Down the Insanity Fit Test Exercises**

**Switch Kicks.** You perform this exercise standing up. You alternatively kick each leg to your front as high as you can. The key is not to stop between each kick. Meaning, at least one leg should be in the air at any given moment, and the supporting leg should be moving off the ground prior to the kicking leg returning to the floor. This exercise works your legs and lower abdominals.

**Squat Jacks.** We've all done jumping jacks. This exercise turns up the intensity level by making you land into the squat position at the end of each repetition. Doesn't sound like much of a difference, but your gluts and quads will be screaming for mercy at the end of the minute.

**Power Knees.** This exercise looks easy, but will bring the burn if you do it with full intensity. It is done standing up and slightly bent over. You start by putting your weight on one leg and your hands clasped together. The other leg is bent, and the objective is to raise it up to chest level as quickly as possible, touching your hands to the bent knee. As you lower the leg, your foot should only touch the floor for a millisecond. If done correctly, you will look like a piston in a well-oiled engine. This exercise works your lower abs, but I found that the butt cheeks of my supporting leg side will burn like crazy after thirty seconds.

**Power Jumps.** All you are doing is jumping into the air as fast and as high as you can. Your knees are raised past waist level as you jump. In order to do this exercise correctly, you should be able to slap your knees with your hands at the highest point of your jump. If you can't slap your knees, that means you have not raised them high enough. You land in the squat position and start the next jump from there. This exercise works your entire lower body. **Always land softly- TOE BALL HEEL!!**

**Globe Jumps.** This exercise is a series of hops: one to your right, another to your back, another to your left, and another forward. Your body is tracing a square or rectangle shape as you hop. Each square constitutes one repetition. That means each rep is four hops. If you are doing the exercise correctly, meaning, your hands are touching the floor with each hop and you are raising them over your head at the highest point of the hop, it will not be easy.

**Suicide Jumps.** This exercise is aptly named because you'll feel suicidal as you're doing them. You start off in the plank position as if doing a pushup. Second step is to hop so that both feet land right behind your hands. During the hop, your hands remain firmly planted on the floor and only your feet move forward. When your feet reach your hands, immediately leap up with your hands raised to the sky. When you land, jump back into the plank position and repeat the exercise. The raising and lowering of your body from the plank position into a leap will cause lots of heavy breathing (of the painful kind). **This exercise is also known as Burpees.**

**Push Up Jacks.** Pushups, but raised to the next level. This exercise is pretty much impossible to do unless you can already do a regular pushup. It can't be performed using the modified bent knee pushup position, unless you want crushed knee caps. You start off in the plank position with your feet together. As you lower your body, you simultaneously move your feet apart by 18-24 inches. As you push your body up, you will simultaneously bring your feet back together again. If you are doing it correctly, it looks as if you are doing jumping jacks while in the pushup position. **Works your chest like crazy.**

**Low Plank Obliques.** This exercise is also done from the plank (pushup) position. You can modify it by supporting your body in the plank position with your elbows instead of your hands. While in plank, bring one knee as close as possible to the arm that is on the same side as the knee. For maximum effort, touch your knee to the elbow. Alternate knees with each rep. This exercise works your entire core because your body should remain as rigid as possible while you are moving the knees up into position, **but your obliques feel it the most.**

- 1. FORM OVER SPEED**
- 2. RANGE OF MOTION OVER SPEED**
- 3. FOCUS ON BREATHING**
- 4. DEEP PURPOSEFUL BREATHS**