


I'm not robot  reCAPTCHA

SUBMIT

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Insanity Fitness & Measurement Tracker

FIT TEST

The fit test will take 15-20 minutes. It is a test of your fitness level. It is not a test of your weight. It is a test of your fitness level. It is not a test of your weight. It is a test of your fitness level.

TEST	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7
1. BURPEES							
2. POWER JUMPS							
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P90X

A Fit New Beginning

CLASSIC

Independent Beachbody Coach
FREE coaching at afitnewbeginning.com

PHASE 1							
WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
2	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
3	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
4	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH <i>RECORD</i>
PHASE 2							
5	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
6	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
7	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
8	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH <i>RECORD</i>
PHASE 3							
9	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
10	CHEST & BACK, AB RIPPER X	PLYOMETRICS	SHOULDERS & ARMS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
11	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
12	CHEST, SHOULDERS & TRICEPTS, AB RIPPER X	PLYOMETRICS	BACK & BICEPS, AB RIPPER X	YOGA X	LEGS & BACK, AB RIPPER X	KENPO X	REST OR X STRETCH
13	YOGA X	CORE SYNERGISTICS	KENPO X	X STRETCH	CORE SYNERGISTICS	YOGA X	REST OR X STRETCH <i>RECORD</i>



www.justhealthyway.com

GO TO THE 30-DAY CHALLENGE TO HAVE THE BUTT OF YOUR DREAMS

Day 1	50 squats
Day 2	55 squats
Day 3	60 squats
Day 4	Rest
Day 5	70 squats
Day 6	75 squats
Day 7	80 squats
Day 8	Rest
Day 9	100 squats
Day 10	105 squats

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