

# INSANITY

## FIT TEST

### 1. SWITCH KICKS



2 KICKS = 1 REP

### 2. POWER JACKS



### 3. POWER KNEES



### 4. POWER JUMPS



#### 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 62)

1. SWITCH KICKS

64

2. POWER JACKS

48

3. POWER KNEES

86

4. POWER JUMPS

39

### 5. GLOBE JUMPS



4 JUMPS = 1 REP

### 6. SUICIDE JUMPS



### 7. PUSH-UP JACKS



### 8. 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 62)

5. GLOBE JUMPS

9

6. SUICIDE JUMPS

18

7. PUSH-UP JACKS

32

8. LOW PLANK OBLIQUE

48

INSANITY is an extreme and physically demanding workout. This is NOT for beginners or individuals with any medical condition which may be compromised by extreme cardio and strength exercises. Consult your physician and read the enclosed materials before beginning this program.

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# Exercise Guide Insanity

**Marie Ackley Marshall**



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*HowExpert Guide to Forensic Psychology* HowExpert, 2024-08-18 If you re eager to unravel the mysteries of the criminal mind and understand how psychology influences the justice system then *HowExpert Guide to Forensic Psychology* is the essential resource you ve been searching for Whether you re an aspiring forensic psychologist a criminology student or simply fascinated by the psychological dynamics of crime this book offers an in depth and accessible exploration of the mind behind criminal behavior and the vital role psychology plays in law enforcement and the courts

Chapter 1 Introduction Trace the evolution of forensic psychology from its historical roots to its critical role in today s legal landscape setting the stage for your journey into this fascinating field

Chapter 2 Theories and Frameworks in Forensic Psychology Dive into the foundational theories that explain criminal behavior integrating insights from biology psychology and sociology to provide a well rounded understanding of what drives criminal actions

Chapter 3 The Criminal Mind Explore the psychological profiles of criminals focusing on complex disorders such as psychopathy and sociopathy and uncovering the motivations that lead to criminal behavior

Chapter 4 Juvenile and Developmental Forensic Psychology Examine the unique factors that influence juvenile delinquency including developmental psychology and environmental influences that shape young offenders

Chapter 5 Legal Processes and Forensic Psychology Gain a deep understanding of how forensic psychologists contribute to the criminal justice system from providing expert testimony to shaping legal outcomes with psychological insights

Chapter 6 Psychological Assessments and Legal Implications Learn the critical techniques of psychological assessments mastering the skills needed to conduct risk evaluations competency assessments and insanity defense evaluations with accuracy and precision

Chapter 7 Victimology and Trauma Response Understand the psychological impact of crime on victims exploring effective strategies for providing psychological support and addressing trauma

Chapter 8 Forensic Psychology in Law Enforcement and Corrections Discover the vital contributions of forensic psychology to law enforcement including criminal profiling interrogation techniques and the application of psychology in correctional settings

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