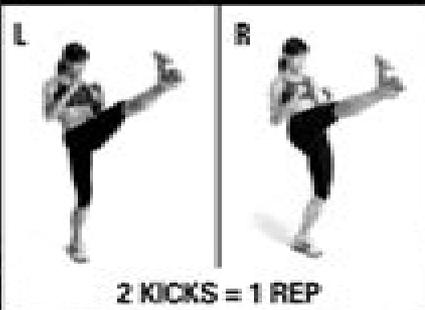


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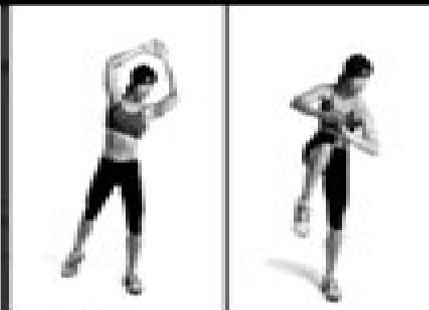
1. SWITCH KICKS



2. POWER JACKS



3. POWER KNEES



4. POWER JUMPS



MOVE

FIT TEST 1 (DAY 1)

FIT TEST 2 (DAY 15)

FIT TEST 3 (DAY 35)

FIT TEST 4 (DAY 50)

FIT TEST 5 (DAY 63)

1. SWITCH KICKS

2. POWER JACKS

3. POWER KNEES

4. POWER JUMPS

You can also find this Fit Test on the DIG DEEPER DVD. Perform the moves listed above. Do as many reps as you can in one minute then record your results after every exercise. Remember to warm up first and rest when needed.

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