

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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Measurement Guide For Insanity Workout

James J. Walker



Measurement Guide For Insanity Workout:

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web the 28th edition of the ontario electrical safety code oesc includes the 25th edition of the canadian electrical code part i plus ontario specific amendments the oesc is the law in ontario for electrical installation this new edition has been updated to enhance electrical safety and better protect electrical workers and the public

code technical information esa esasafer - Jun 02 2023

web view sample bulletins recalls safety alerts flash notices and guidelines faq technical information on the ontario electrical safety code and its application it does not constitute advice and should not be used as a substitute for the services of a qualified electrician or electrical contractor

ontario updates electrical safety requirements canadian - Nov 26 2022

web dec 13 2021 the canadian standards association csa group has finalized the 2021 edition of the ontario electrical safety code oesc which will come into effect as regulation on may 5 2022 the province s electrical safety authority esa responsible for administering regulations on behalf of ontario s government encourages electrical

ontario electrical safety code bulletins - Feb 15 2022

web the ontario electrical safety code oesc and ontario regulation 438 07 for product safety recognize certification bodies accredited by the standards council of canada to approve electrical equipment rule 2 024

ontario electrical safety code bulletin international centre - Feb 27 2023

web the ontario electrical safety code and ontario regulation 438 07 recognize certification organizations accredited by the standards council of canada to approve electrical equipment rule 2 024 only equipment bearing one of the marks or labels shown in the following tables is approved

ontario electrical safety code 28th edition public consultation - Jan 29 2023

web ontario electrical safety code 28th edition public consultation the ontario electrical safety code oesc is a critical component to ensuring safe electrical installations in ontario for licensed electrical contractors and do it yourselves it s an essential tool for any electrical work

o reg 164 99 electrical safety code canlii - Aug 04 2023

web nov 3 2023 electricity act 1998 ontario regulation 164 99 electrical safety code consolidation period from may 5 2022 to the e laws currency date last amendment 777 21 this is the english version of a bilingual regulation

guideline for section 12 of ontario regulation 22 04 electrical - Mar 19 2022

web 1 2 18 oesc means the ontario electrical safety code incorporated by reference under ontario regulation 164 99 1 2 19

ohsa means the occupational health and safety act r s o 1990 c o 1 1 2 20 primary distribution line

2021 ontario electrical safety code 28th edition esa - Mar 31 2023

web mississauga on november 12 2021 the electrical safety authority esa would like to advise that the minister of government and consumer services has approved the regulatory amendment to adopt the 2021 ontario electrical safety code oesc which comes into effect on may 5 2022