

HOME BONUS VISITOR PERIOD

INSANITY
GET FIT OR GET OUT

INSANITY[®]

60-DAY TOTAL-BODY
CONDITIONING PROGRAM



WARNING:

WE BELIEVE THIS IS THE
HARDEST WORKOUT EVER PUT ON DVD.

IF YOU CAN GET THROUGH IT, IT WILL
GET YOU INTO THE **BEST SHAPE** OF YOUR LIFE.

BUT YOU MUST CHECK WITH YOUR PHYSICIAN
BEFORE STARTING THIS PROGRAM.

This is a guide, not a book. No complicated instructions
to follow or information to read. You're here to exercise.

KEEP PUSHING PLAY AND GET INSANE RESULTS.

Beachbody® is known for creating the most innovative and
effective DVD fitness programs on earth. We know real
fitness (a.k.a. "movement with intensity") delivers real
results. No pills or gadgets, just sweat and hard work.
If you want INSANE results, get ready for INSANITY®.

WHAT IS IT?

INSANITY is a 60-day cardio-based total-body
conditioning program. We believe it's probably
the most intense workout ever put on DVD.

INSANITY was created by fitness expert Shaun T, based
largely on years of study plus his collegiate track and



field training. Keep up, and you'll work past your MAX with explosive cardio and plyometric drills and nonstop intervals of strength, power, and resistance moves. Plus you'll do ab and core training techniques that will push your limits to produce amazing results in 60 days.

MONTH 1

Introduces you to INSANITY with 5 total-body cardio conditioning workouts. You'll work out 6 days a week, about 30 to 40 minutes a day. Do what you can, and be smart. Many beginners told us that even the warm-up will feel like an intense workout until you get used to it.

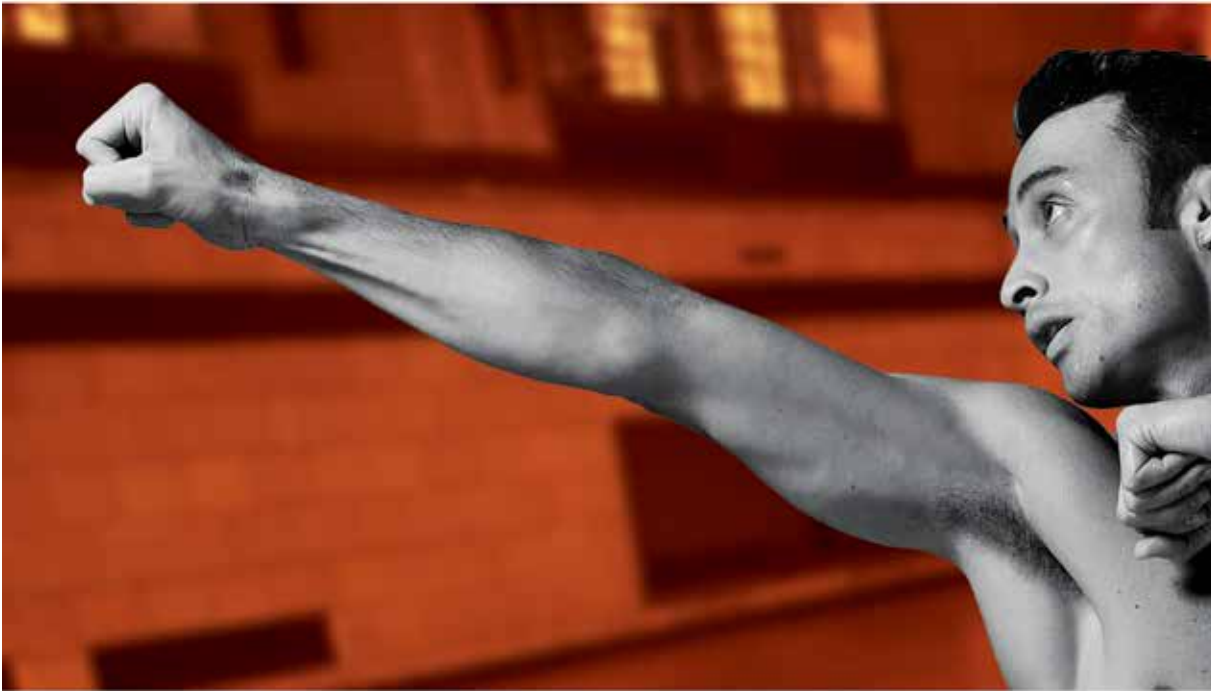
And then it's like starting over in...

MONTH 2

4 new workouts, about 45 minutes a day.

MAX intervals and MAX intensity for MAX results. Here's where you'll discover true fitness, when the body conquers the limits imposed by the mind.

Doing INSANITY is like conquering your own Mount Everest. It's not for everyone. But if you're willing to dig deep, you can take yourself to a level you never knew existed, a level your mind will tell you not to pursue. It happens every time.



WHY INSANITY® WORKS: MAX INTERVAL TRAINING

The method behind this madness is called “MAX Interval Training.” You may have heard of interval training, but this is different. Most interval workouts are moderate cardio-based exercises with short, high-intensity intervals. But in MAX Interval Training, your moderate-intensity exercise gets replaced with maximum-intensity exercise, and your short intervals of intensity get replaced with a short period of rest. So you’re working harder and longer and resting less. And when we say MAX, we mean MAX. You’re not just doing some intense aerobic intervals. Shaun

alternates aerobic intervals with anaerobic intervals, all at your MAX, holding the spike and challenging your body and your resolve.

Your mind will think working out at this intensity is INSANITY. But when you conquer your mind, you discover what’s truly possible. And that’s why it delivers INSANE results in just 60 days.

Interval workouts allow you to beat what’s known as the “stress adaptation response.” When you keep exercising at the same level of exertion, your body quickly gets used to the effort and stops improving. That’s why many aerobics plans don’t give you the weight loss and performance gains you want. But



when you add in high-intensity exercise, during which your heart rate is raised to 80 percent or more of its maximum capacity, it forces your body to use fast-twitch muscle fibers not normally engaged in cardio exercise. These fast-twitch fibers continue burning extra fuel even during lower-intensity exercise.

MAX Interval Training allows you to spend more time on these exercise peaks than you could if you tried to go all-out without rest periods. As a result, you'll experience faster increases in fitness and more efficient burning of carbohydrates and fat.

THE HEART OF THE MATTER— YOUR HEART RATE:

The INSANITY program is high-intensity activity in which your heart rate approaches its maximum capacity, followed by rest periods when your heart rate will go down. Then Shaun drives it back up again. That's MAX Interval Training.

Most programs recommend that you work out at 70 to 85 percent of your maximum during intense intervals. Guess what? With INSANITY, you're likely to be working at 85-plus percent of your max. (Translation: You'll get into the best shape of your life, fast!)



We recommend that you do INSANITY wearing a heart rate monitor, available in sporting-goods stores or from Beachbody.com or TeamBeachbody.com.

You can also measure your intensity levels by how you feel, a method known as the "talk test" or "perceived exertion." During the MAX aerobic intervals you'll feel slightly out of breath. It will be hard to have a conversation. For the anaerobic intervals, you'll be breathing hard and conversation will not be possible. (That's why Shaun has to take breaks from time to time. If you can talk and work out at this level, you're not pushing hard enough.)

YOU CAN
ONLY
DISCOVER
WHAT IS
POSSIBLE WITH
YOUR BODY
IF YOU FIRST
CONQUER YOUR MIND.
EMBRACE YOUR
INSANITY.





START HERE

1. Check with your physician before starting. That's not a disclaimer. We REALLY mean it.
2. Take your "before" photos and measurements and upload them to TeamBeachbody.com.
3. Take the Fit Test (located on the Dig Deeper DVD and your wall calendar). If you feel intimidated by the Fit Test, then consider another Beachbody program to get you in shape before you start INSANITY.
4. Do your daily INSANITY workout, outlined on your wall calendar (including the recovery workouts), and follow the Elite Nutrition plan to fuel your body with the right foods. You have to eat right to master this program.

ADDITIONAL SUGGESTIONS

- Log on to TeamBeachbody.com for support from Shaun and other INSANE people like you.
- Wear supportive shoes and (if needed) inserts. Cross-trainers have more support than running shoes.
- If your workout surface is hard (such as a concrete floor), use an exercise mat like the Beachbody Plyometrics Mat, available at Beachbody.com and TeamBeachbody.com.
- For muscle soreness, try ice and/or ibuprofen (according to package guidelines), and/or Beachbody Performance Formula and Results and Recovery Formula®.
- Take Results and Recovery Formula within 30 minutes of your workout. Your body needs it to get the best results from this program.



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

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