



WELCOME TO

INSANITY

GET READY TO
DIG DEEPER
THAN YOU EVER HAVE IN
YOUR LIFE

This is probably the hardest workout ever put on DVD. But if you think you've got what it takes, stay right here with me.

Beachbody CEO Carl Daikeler asked me to create INSANITY for one reason: to make you fitter than you've ever been in your life in just 60 days. This is no idle promise. Using my training from my college track and field days, I created this intense 60-day total-body training program. I alternate between explosive cardio drills, power and resistance moves, plyometrics, and core and balance work that is one step from "impossible." You'll experience firsthand the power of MAX INTERVAL TRAINING and what it will do for your body.

60 days from now you're going to be in shape. You'll have energy and confidence to conquer anything. You'll be strong, lean and tight. And while you may feel exhausted after each workout, you'll feel like you conquered Mt. Everest.

Because this is such a strenuous program, I encourage you to do it right. Get an okay from your doctor, read the Fitness Guide (it's short and simple). Watch my introductory Dig Deeper DVD and follow the workouts in the right order (without skipping recovery workouts). Then get on the Elite Nutrition Plan so you can fuel your body properly for the workouts that lie ahead.

Shaun T

WARNING: IF YOU COMMIT TO **INSANITY**, YOU WILL GET INTO THE BEST SHAPE OF YOUR LIFE. BUT YOU HAVE TO BE READY AND WILLING TO SWEAT. NOT EVERYONE IS EQUIPPED FOR THESE INTENSIVE CARDIO, INTERVAL TRAINING, AND PLYOMETRICS WORKOUTS. YOU MUST CHECK WITH YOUR PHYSICIAN BEFORE STARTING THIS PROGRAM. THIS IS THE REAL DEAL.



WHAT YOU GET

DIG DEEPER INTRODUCTORY DVD

- **DIG DEEPER:** Learn about MAX Interval Training and proper form and technique. Take the Fit Test (approx. 30 min).

MONTH 1 DVD

SHAUN USES AEROBIC AND ANAEROBIC INTERVALS IN THESE TOTAL-BODY CONDITIONING PROGRAMS TO BUILD YOUR FITNESS BASE.

- **PLYOMETRIC CARDIO CIRCUIT:** Blast fat off your body with explosive cardio intervals (approx. 40 min).
- **PURE CARDIO:** Intense and extreme cardio all the way—no rest! (approx. 40 min)
- **CARDIO POWER & RESISTANCE:** Get strong and lean with MAX intensity intervals of strength, resistance, sports drills and plyometrics, all without weights (approx. 40 min).
- **CARDIO RECOVERY:** Don't get your hopes up—this isn't the recovery you're expecting. But it should help your body and muscles prepare for more INSANITY (approx. 35 min).
- **CARDIO ABS:** High-intensity ab and core work with lots of sweat (approx. 20 min).
- **CORE CARDIO & BALANCE:** Use this workout for one week before starting Month 2 workouts (approx. 40 min).

MONTH 2 DVD

THESE REALLY ARE THE HARDEST WORKOUTS EVER PUT ON DVD!

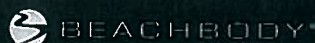
- **MAX INTERVAL CIRCUIT:** Yes, the interval circuits get even harder (approx. 60 min).
- **MAX CARDIO CONDITIONING:** An even more extreme cardio workout exists (approx. 50 min).
- **MAX INTERVAL PLYOMETRICS:** Power and plyo to the MAX. Your legs will be begging for mercy (approx. 55 min).
- **MAX RECOVERY:** You deserve a rest—and you'll need it (approx. 50 min).

ELITE NUTRITION: FUEL YOUR BODY

Your comprehensive eating plan for 60 days and for life. Whether you want to lose weight or just fuel your body for intense INSANITY workouts, this program will give you what you need.

WALL CALENDAR

A motivational 60-day calendar that shows you which workout to do each day, along with the INSANITY Fit Test.



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 exercise. Consult your physician and read the enclosed materials before beginning this program.

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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.

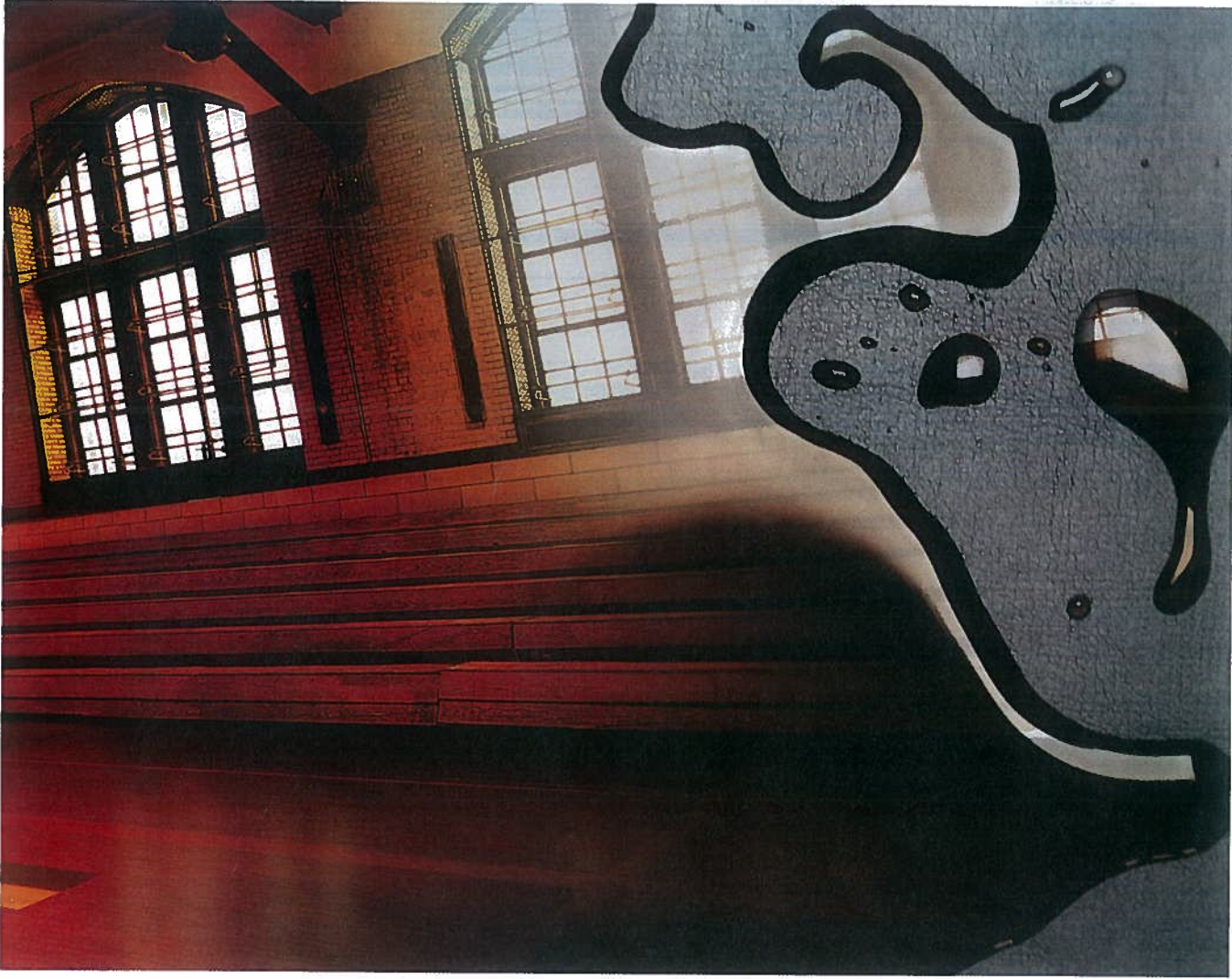
KEEP PUSHING PLAY AND GET INSANE RESULTS.

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

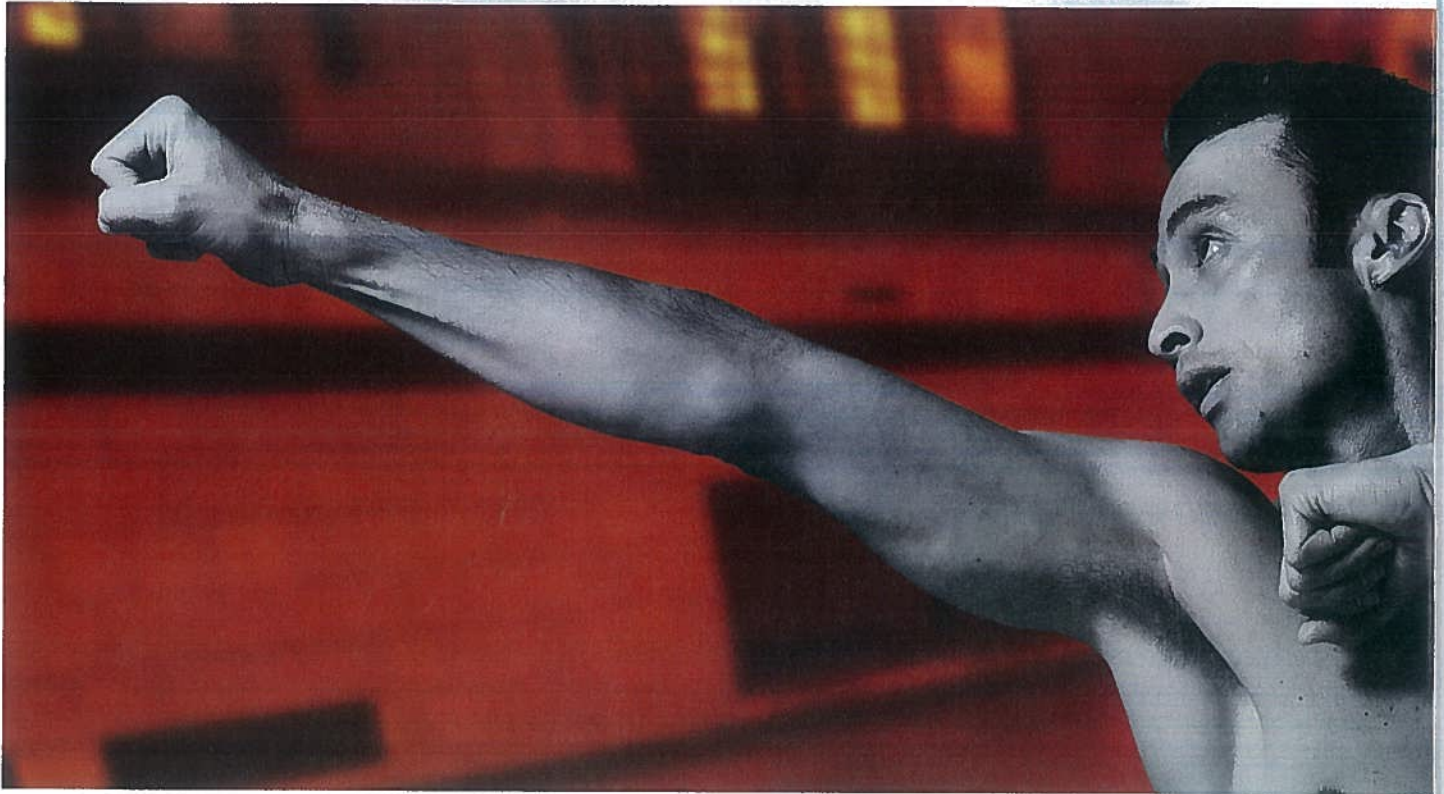
Introduces you to INSANITY with 5 total-body cardio conditioning workouts. You'll work out 6 days a week, about 30 to 40 minutes a day. Do what you can, and be smart. Many beginners told us that even the warm-up will feel like an intense workout until you get used to it.

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.



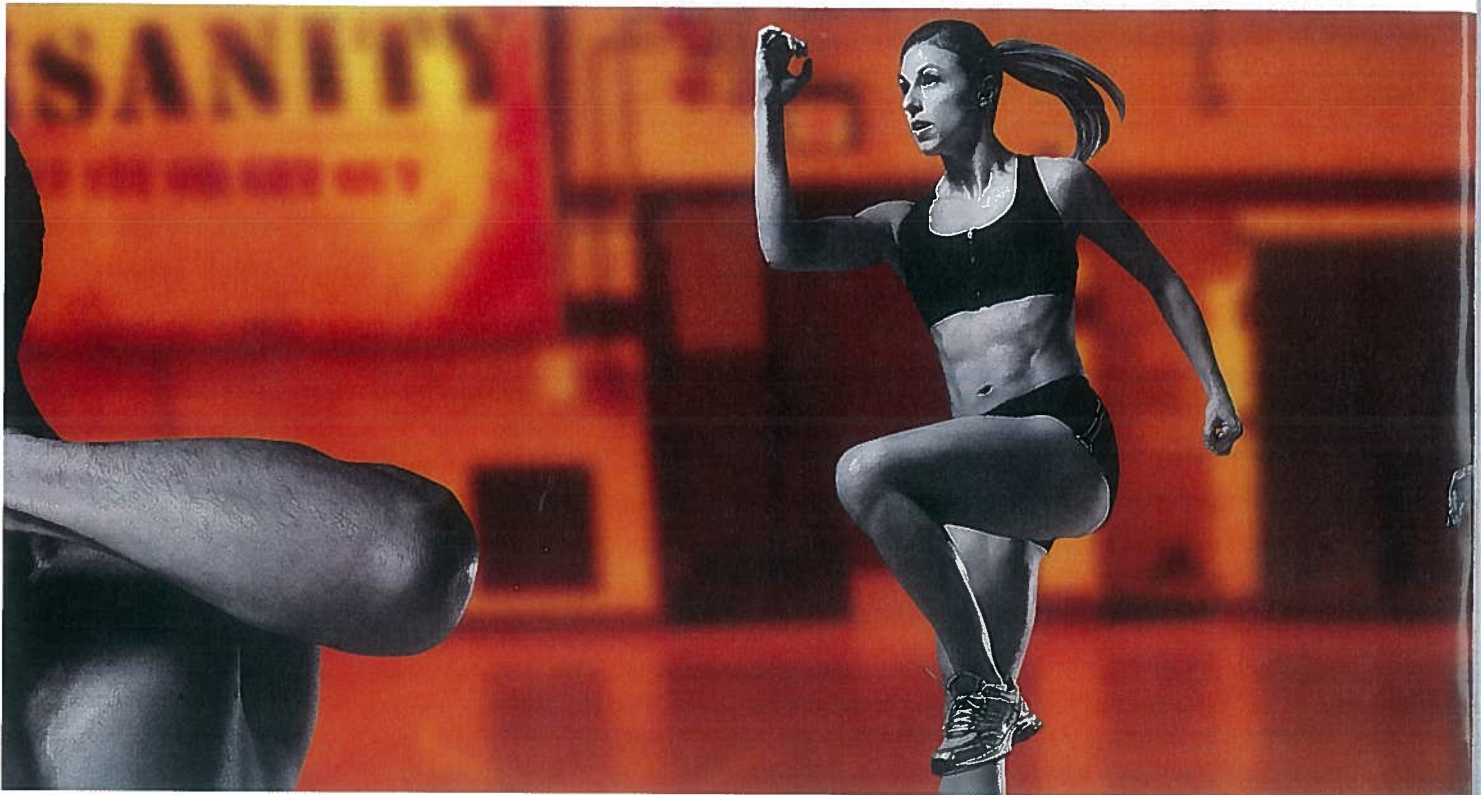
WHY INSANITY WORKS: MAX INTERVAL TRAINING

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 are 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



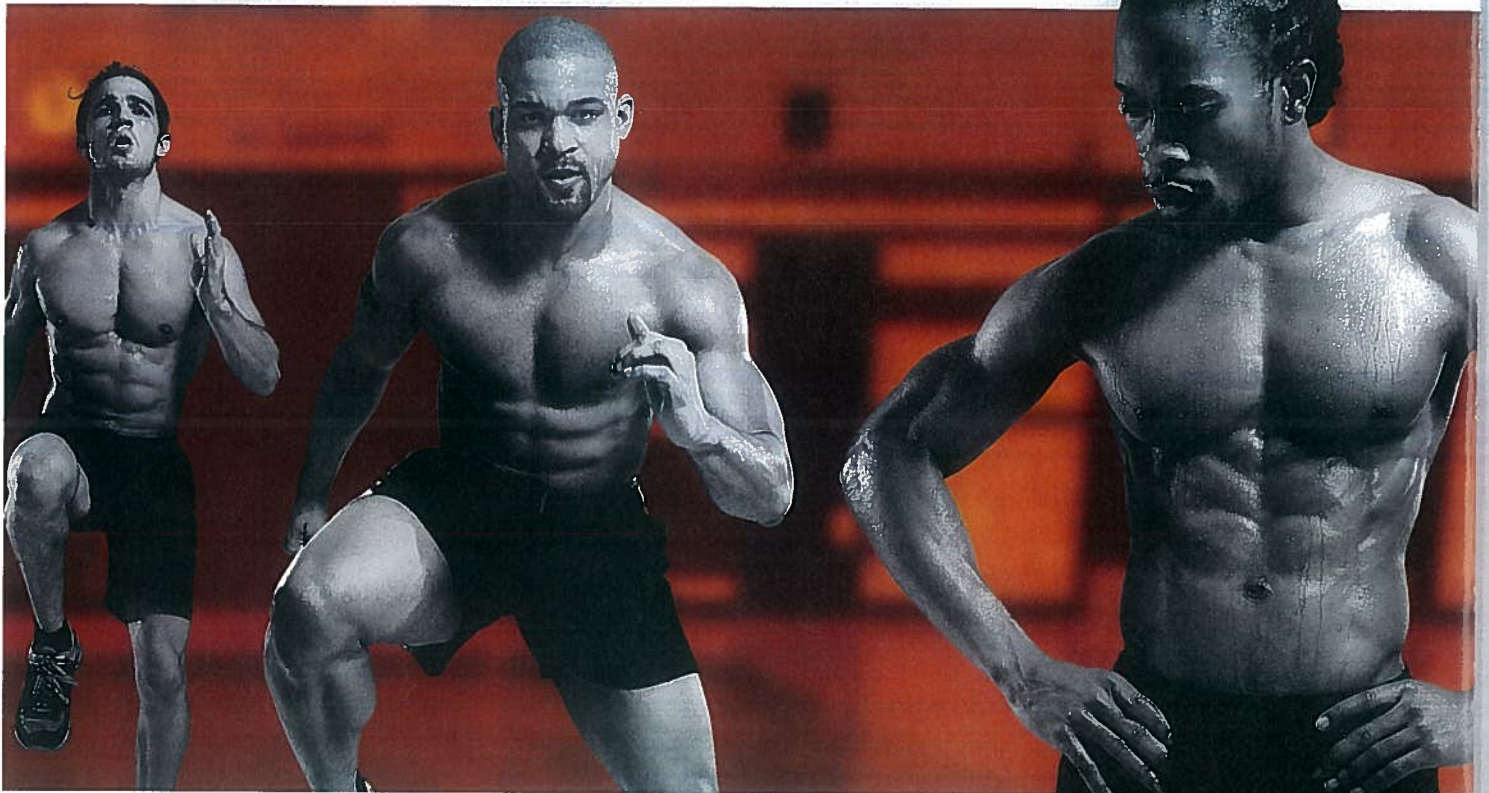
when you add in high-intensity exercise, during which your heart rate is raised to 80 percent or more of its maximum capacity, it forces your body to use fast-twitch muscle fibers not normally engaged in cardio exercise. These fast-twitch fibers continue burning extra fuel even during lower-intensity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

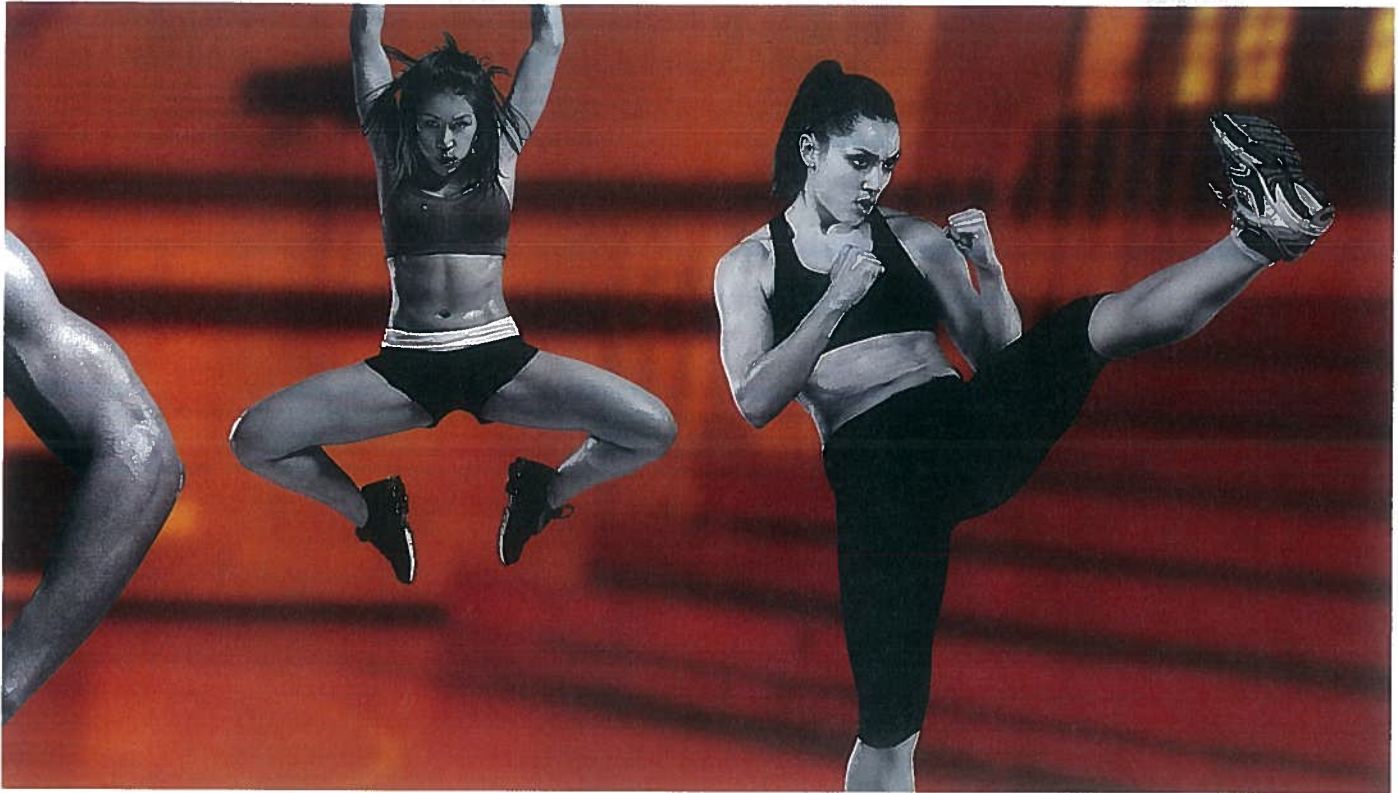


We recommend that you do INSANITY wearing a heart rate monitor, available in sporting-goods stores or from Beachbody.com or TeamBeachbody.com.

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 Team Beachbody for support from Shaun and other INSANE people like you.
- Take your Results & Recovery formula within 30 minutes of your workout. Your body needs it to get the best results from this program.
- Wear supportive shoes and (if needed) inserts. Cross-trainers are more supportive 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 & Recovery formula.

MONTH 2

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	OFF

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX RECOVERY	MAX CARDIO CONDITIONING & CARDIO ABS*	CORE CARDIO AND BALANCE*	OFF

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS*	MAX RECOVERY	MAX INTERVAL CIRCUIT	CORE CARDIO AND BALANCE*	OFF

WEEK 8

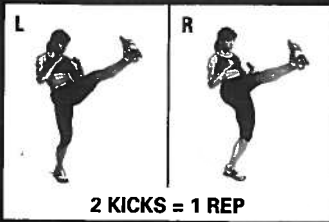
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS*	MAX INTERVAL CIRCUIT	CORE CARDIO AND BALANCE*	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS*	FIT TEST

* If you have the DELUXE package, you can replace CARDIO ABS with INSANE ABS, and CORE CARDIO AND BALANCE with MAX INTERVAL SPORTS TRAINING.

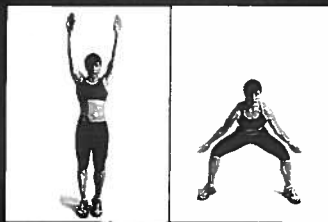
FIT TEST

You can also find this Fit Test on the DIG DEEPER DVD. Perform each of the exercises listed below for one minute. Do as many reps as you can in one minute and record below. Rest when needed. Be sure to warm up first.

SWITCH KICKS



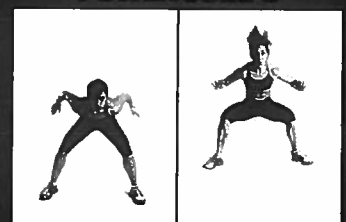
POWER JACKS



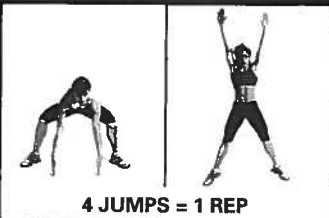
POWER KNEES



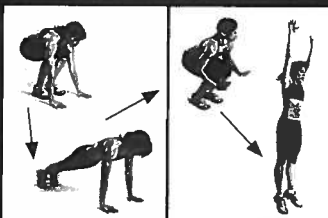
POWER JUMPS



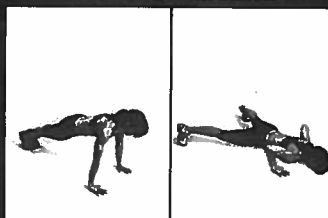
GLOBE JUMPS



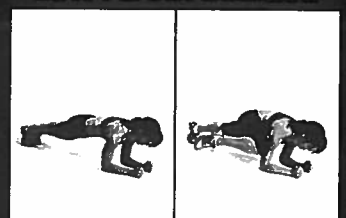
SUICIDE JUMPS



PUSH-UP JACKS



LOW PLANK OBLIQUE



MOVE

FIT TEST 1
(DAY 1)

FIT TEST 2
(DAY 15)

FIT TEST 3
(DAY 36)

FIT TEST 4
(DAY 50)

FIT TEST 5
(DAY 63)

1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					