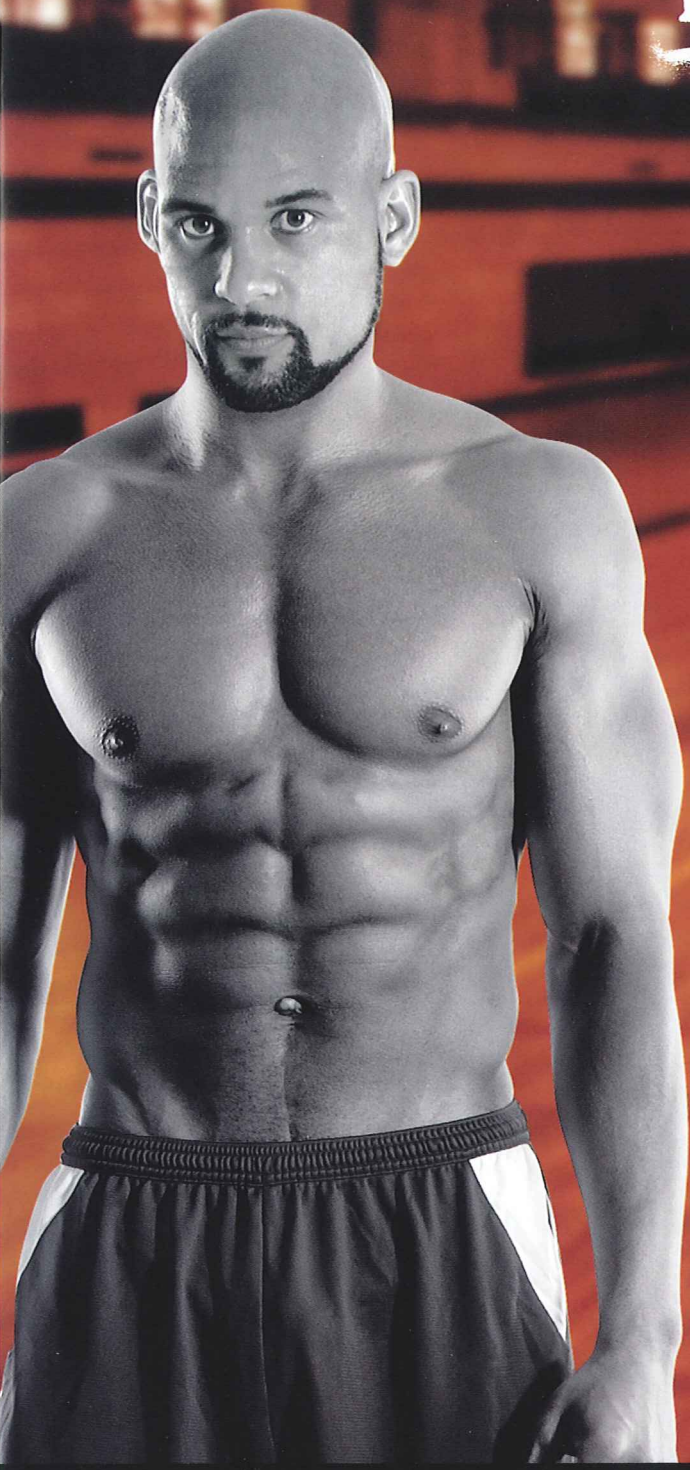
WELCOME TO

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's one step from "impossible." You'll experience firsthand the power of MAX INTERVAL TRAINING and what it will do for your body.

Sixty 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 Mount Everest.

Because this is such a strenuous program, I encourage you to do it right. Get an OK 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'LL 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 1 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 that may be compromised by extreme cardio and strength exercise. Consult your physician and read the enclosed safety and other materials before beginning this program.

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