

Q: What is INSANITY Certification?

A: INSANITY Certification is an action-packed, fun and useful 3-day training workshop that allows fitness professionals and fitness enthusiasts alike to become INSANITY Certified as they can teach INSANITY in gyms and other fitness facilities, and use the official INSANITY logo and other licensed materials as part of their professional credentials.

Q: What materials will I receive to prepare me for the Training Workshop?

A: Upon arrival at the workshop, participants will receive the proprietary INSANITY Course Manual, which includes a detailed and in-depth overview of the INSANITY Certification program; fundamentals, not available anywhere else. You will also use this manual to take notes throughout the workshop while learning to properly teach and cue each move. There are no materials shipped to you before the workshop.

Q: What happens during the INSANITY Certification Training Workshop?

A: The INSANITY Certification Training Workshop is an intensive, three-day, three-night workshop led by INSANITY Master Trainers who combine hands-on instruction and practical advice on how to teach INSANITY.

The workshop is an interactive learning experience designed to provide participants with the tools necessary to be a successful INSANITY instructor. This live workshop led by INSANITY Master Trainers combine hands-on instruction and practical advice on how to teach INSANITY. With a strong focus on physiology, biomechanics and effective coaching skills, this educational workshop also includes safety and injury prevention and proper exercise modification to accommodate participants of all fitness levels. In addition you are provided with information on how to build your business and create community with in your classes.

The workshop includes an academic portion, a practical portion, the most current INSANITY workout and choreography, and culminates in a written exam.

Q: What is covered during the workshop?

A: Designed to provide expert guidance in all aspects of successfully teaching INSANITY, the workshop is intended to provide an in-depth understanding of the workouts, moves, and choreography that has made INSANITY one of the most successful extreme fitness programs in the world. From the role of nutrition, tips for maximizing results, and techniques for helping class attendees overcome motivational obstacles, to how to leverage the national awareness of one of the most respected and recognized brands in fitness, the workshop provides a "ready-to-use" toolkit participants can use to build a better business by attracting more attention from fitness facilities and class participants, and helping them achieve their best fitness results.

Q: Do I have to have completed INSANITY before attending the workshop?

A: Although it is not necessary to have completed INSANITY to become INSANITY Certified, it is strongly encouraged. Prior knowledge and familiarity with the INSANITY Extreme Home Fitness Program will enhance your experience at the workshop and greatly increase your chances of passing the exam and becoming an even better instructor.

Q: Do I get an INSANITY Home Stress DVD kit when I register for INSANITY Certification?

A: Yes, the INSANITY Home Stress DVD kit is not included as part of what you get when you register for INSANITY Certification. If you are interested in purchasing the INSANITY Home Stress DVD kit—and it is strongly recommended that you know the program in detail—please go to www.BestBody.com, or contact your Team BestBody™ Coach.

Insanity Course Manual

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