



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. Call it what you think you've got what it takes. May night. Here we go!

Beachbody CEO Carl Deckler believed he could create *INSANITY* for two reasons: to make you fitter than you've ever been in your life in just 60 days. This is hard to promise. Using my training, I have my calls to work and lead days. I created the intense 60-day total-body training program. I also discovered what explosive cardiovascular workout and resistance exercise, plyometrics, and core work take me work out to be most fun and effective. Now I hope to help you reach 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 a triathlete and more. And when you may feel exhausted after each workout, you'll feel like you conquered ME. Ever!

Beachbody will walk a complete program. Encourage you to rest right. Get an okay from your doctor, read the Fitness Guide, the cheat 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 to give yourself 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.

Insanity Fitness Guide

R Barnett



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