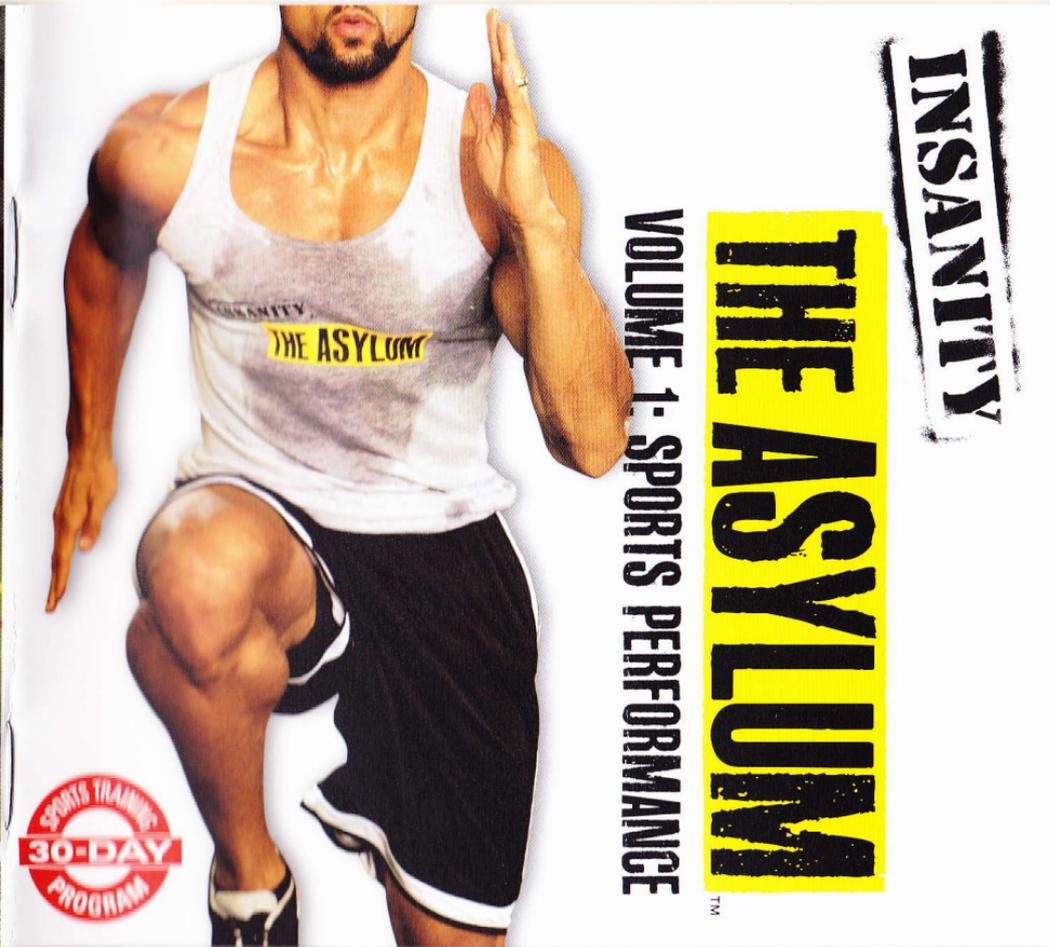


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INSANITY

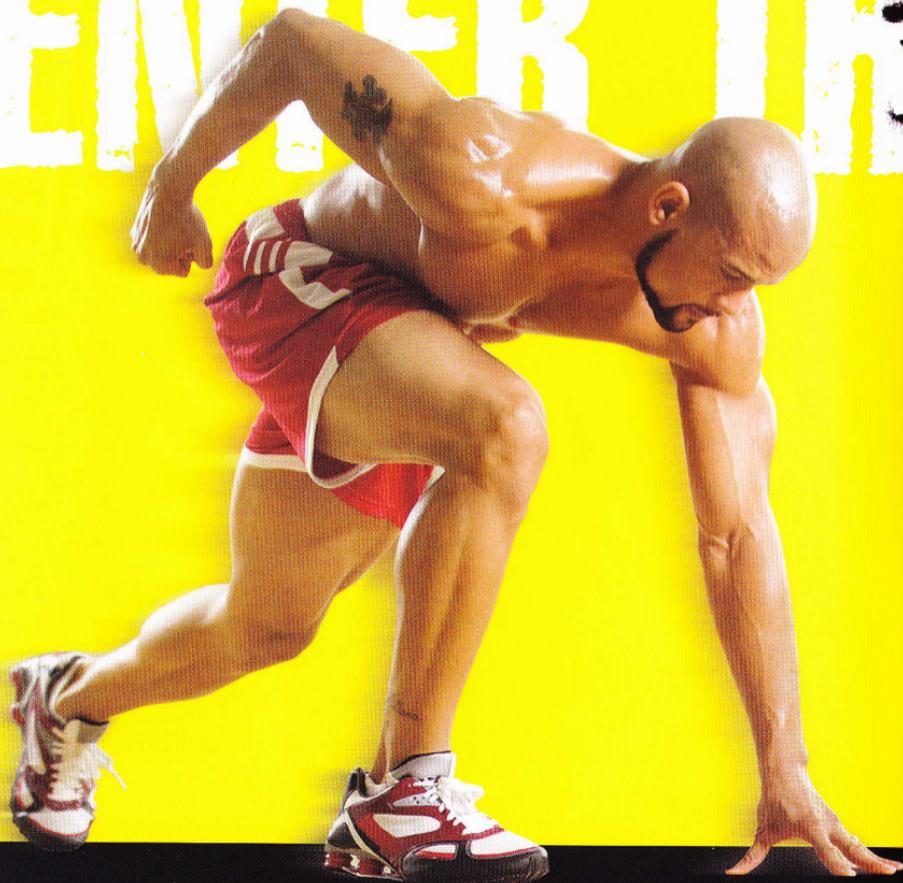
THE ASYLUM™

VOLUME 1: SPORTS PERFORMANCE

SPORTS TRAINING
30-DAY
PROGRAM

ENTER THE ASYLUM™

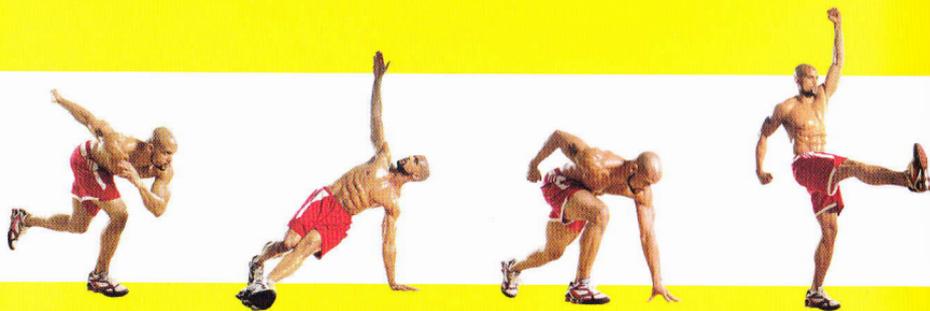
INSANITY



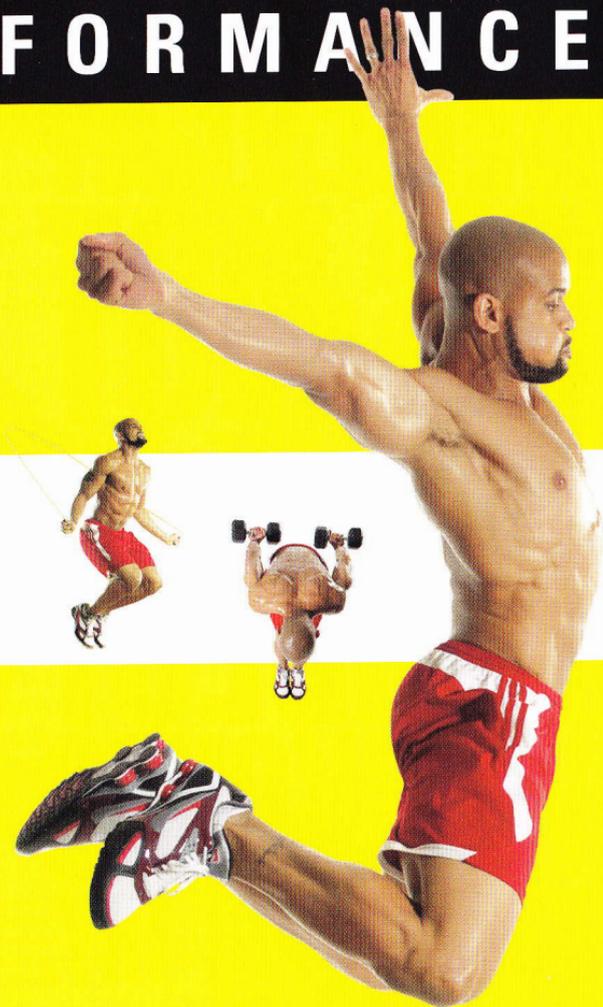
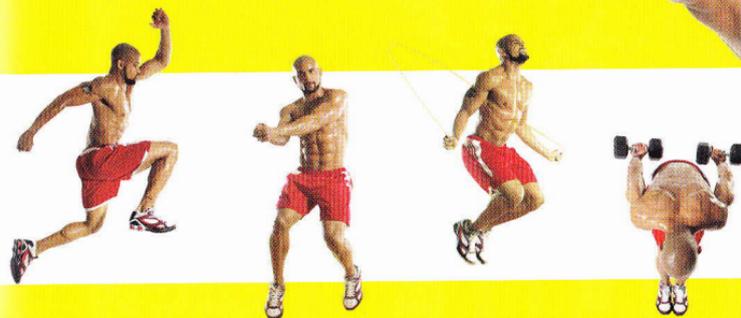
- 1 **WELCOME TO INSANITY: THE ASYLUM™**
- 2 **WHAT YOU GET**
 - WORKOUTS
 - TRAINING TOOLS
 - CALENDAR
- 3 **GET STARTED**
- 4 **WORKSHEETS**
 - MEASUREMENTS
 - FIT TEST
 - PROGRESS TRACKER

VOLUME 1: SPORTS PERFORMANCE

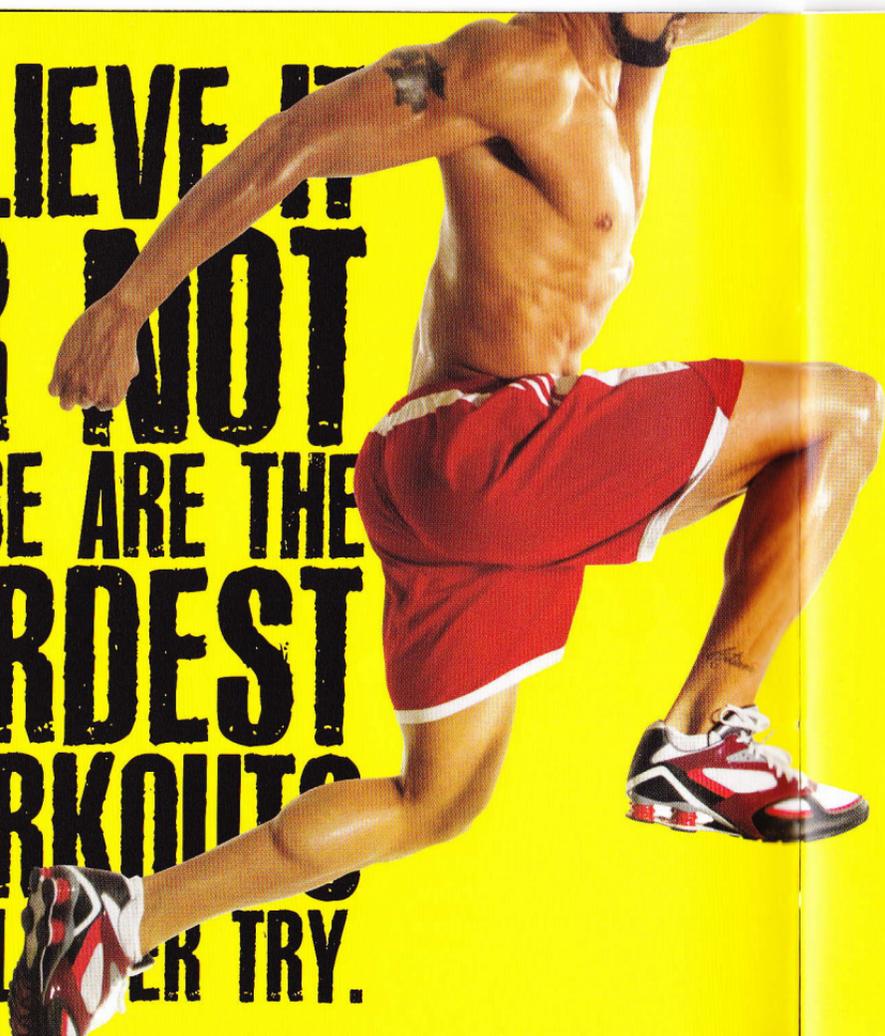
If you're reading this, it probably means you've survived INSANITY® or completed another Beachbody® program, and you're crazy enough to want more. Well, you've got it! INSANITY: THE ASYLUM™ is about digging even deeper.



In Volume 1, Shaun T focuses on his passion: sports. As Shaun says, it's all about the game—you've got to be in it to win it. Inspired by sports-specific training and exercises used by professional athletes, this 30-day series focuses on building speed, coordination, balance, agility, and power. The result? You'll run faster, jump higher, hit harder, and WIN.



**BELIEVE IT
OR NOT
THESE ARE THE
HARDEST
WORKOUTS
YOU'LL EVER TRY.**



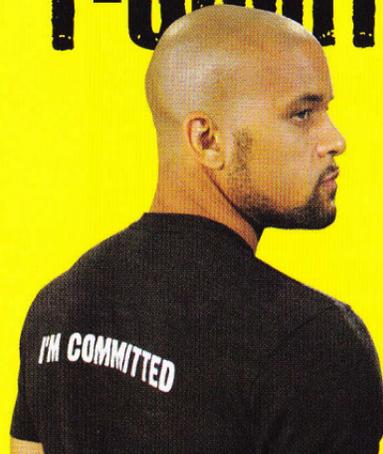
You'll be challenged with sports training techniques that will take your body and your fitness level to new heights. It's cross training to the max, with plyometrics, speed and agility, strength, power, core, and balance exercises. Each workout uses a series of progressions to take you to the next level. That may mean more reps, more speed, or better form, but each time you'll need more skill to master them.

Shaun utilizes two sports training tools, an Agility Ladder and a Speed Rope. These training tools require a new level of concentration and focus in order to build skills and improve speed and coordination. It's essential that you slow down and use good form to master the moves.

We'll leave it to you to say if these workouts are the hardest ones you've ever tried. We know we said that about INSANITY, but now Shaun pushes you to dig even DEEPER. But THE ASYLUM is more than a physical challenge. Most workouts are over when you get tired, but in INSANITY: THE ASYLUM, that's only the beginning. And when you're tired, you'll need mental focus to get through the physical pain.

INSANITY: THE ASYLUM 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 follow all enclosed safety and other instructions before beginning this program.

**IF YOU SURVIVE
30 DAYS IN
THE ASYLUM,
YOU GET AN
"I'M COMMITTED"
T-SHIRT.**



WHAT YOU GET

6 BRAND-NEW SPORTS TRAINING WORKOUTS

1



ATHLETIC PERFORMANCE ASSESSMENT (Approx. 25 min.)

The Athletic Performance Assessment (aka Fit Test) is a series of drills to help you track your fitness progress. Take it before you start, and again in 30 days. You'll see your athleticism soar.

4

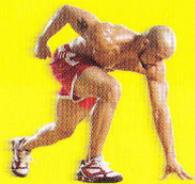


STRENGTH (Approx. 50 min.)

STRENGTH WITH BANDS (Approx. 50 min.)

This weight/resistance-based workout is designed to increase your strength and power, which are critical to becoming a better athlete. It utilizes dumbbells or resistance bands, a chin-up bar, and of course your body weight.

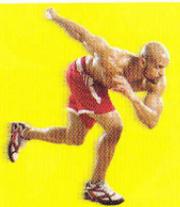
2



SPEED & AGILITY (Approx. 45 min.)

An intense cardio workout inspired by sports like track, football, and soccer, designed to make you faster, more fluid, and more agile.

5



GAME DAY (Approx. 60 min.)

OVERTIME (Approx. 15 min.)

An all-out sports workout influenced by football, basketball, soccer, tennis, swimming, track, baseball, skiing, and rock climbing.

You gotta be in it to win it.

3



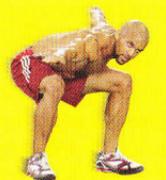
VERTICAL PLYO (Approx. 40 min.)

You'll jump higher and literally go vertical after this lower body power workout.

RELIEF (Approx. 25 min.)

This stretch and recovery workout is the relief you'll be looking for.

6



BACK TO CORE (Approx. 45 min.)

Shaun created this workout for the body parts we often overlook. You'll work the back of your body, including your glutes, hamstrings, calves, core, and back.

SHAUN'S ALSO INCLUDED TRAINING DRILLS ON THE DVDS FOR THE AGILITY LADDER, SPEED ROPE, AND CHIN-UP BAR.

» **INSANITY: THE ASYLUM** IS NOT ONLY ABOUT WORKING YOUR BODY HARD AND MAKING YOU SWEAT. SHAUN CHALLENGES YOU TO USE PERFECT FORM, WHICH TAKES CONCENTRATION AND MENTAL FOCUS.

AGILITY LADDER

Favored by professional athletes, this training tool is used for speed and power drills. It's a target that helps keep you focused, and ensures that you always use perfect form. You'll even notice that it helps you engage your abs more. Best of all, it adjusts with you, so you can start at your entry level and build up to elite. Fold it over for your jumps and progressions when you're starting out, then extend it when you can jump longer and Dig Deeper. It's also lightweight, so it can easily travel with you. For additional information and tips, watch "Ladder Drills" on your DVD.

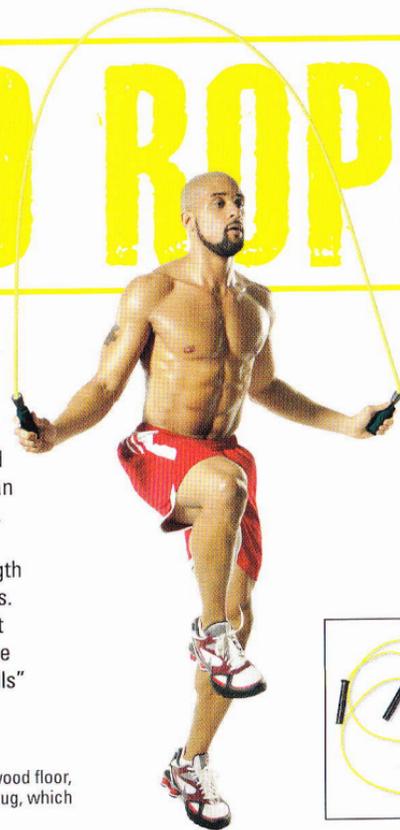


» IN THE ASYLUM SERIES, YOU'LL USE TWO TRAINING TOOLS TO HELP IMPROVE YOUR COORDINATION, SPEED, AND AGILITY. THESE TOOLS HELP YOU PERFORM THE EXERCISES PROPERLY SO YOU IMPROVE YOUR ATHLETICISM AND GET ABSOLUTELY INSANE RESULTS.

SPEED ROPE

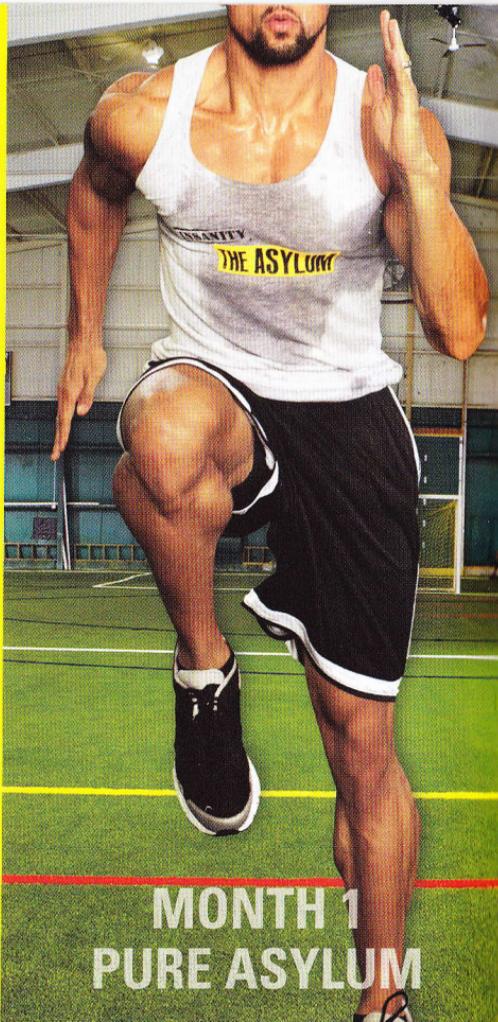
This simple tool does amazing things to your body, improving speed, agility, and endurance. You'll become faster and more agile, and even build strength. It's lightweight for a reason—so you can jump faster and faster. In addition to speed drills, Shaun has you use it for long bouts to challenge your endurance. Be sure to check your rope length by stepping on the rope and lifting up the handles. If they fit under your armpits, the rope is the right length. If it's too long, slide the adjuster to reach the desired length. Be sure to watch "Speed Rope Drills" on your DVD before you start. And remember—practice makes perfect.

We recommend using these tools on carpet. If you have a wood floor, we suggest working on a plyometrics mat (not a moveable rug, which can itself slip) to soften impact and avoid slipping.

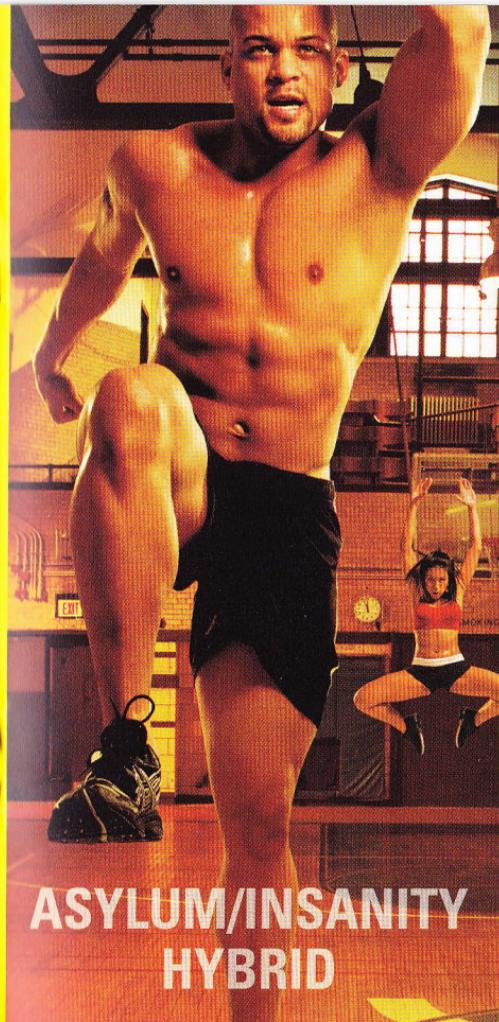


WALL CALENDARS

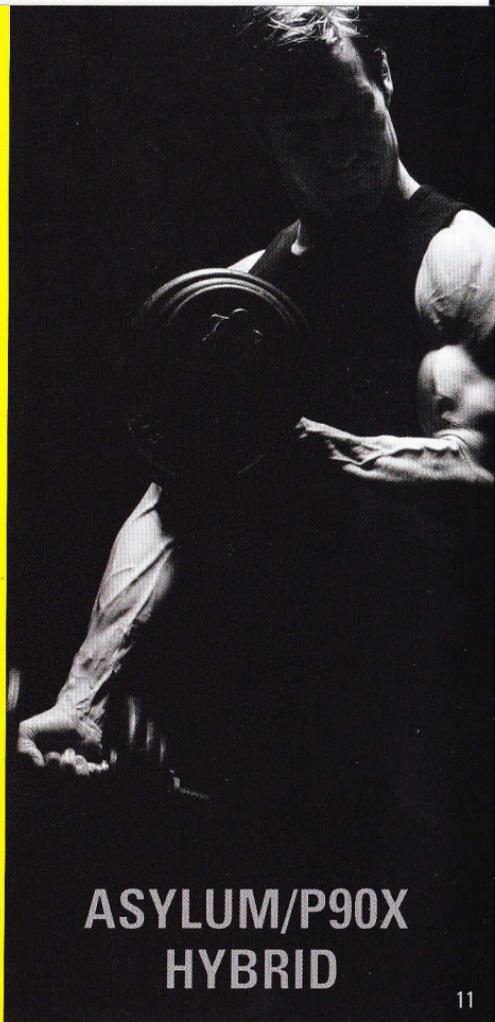
» **INSANITY: THE ASYLUM** ALSO COMES WITH THREE 30-DAY WORKOUT CALENDARS. BEGIN WITH PURE ASYLUM FOR YOUR FIRST 30 DAYS. THEN TRY ONE OF THE ADVANCED HYBRIDS FOR THE NEXT 30 DAYS. TAKE THE FIT TEST EVERY 30 DAYS.



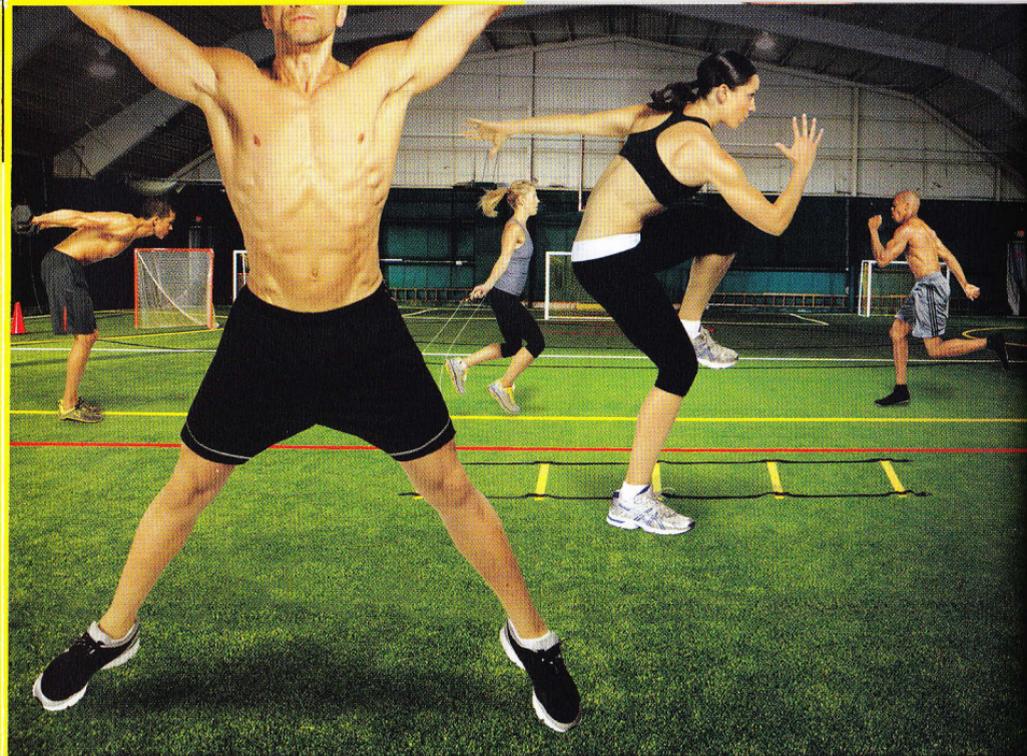
**MONTH 1
PURE ASYLUM**



**ASYLUM/INSANITY
HYBRID**



**ASYLUM/P90X
HYBRID**



1

TAKE YOUR "BEFORE" PHOTOS, WEIGHT, AND MEASUREMENTS. WE RECOMMEND DOCUMENTING YOUR DAY 1 ON VIDEO.

2

TAKE THE FIT TEST.

3

DO YOUR FIRST ASYLUM WORKOUT—SPEED & AGILITY.

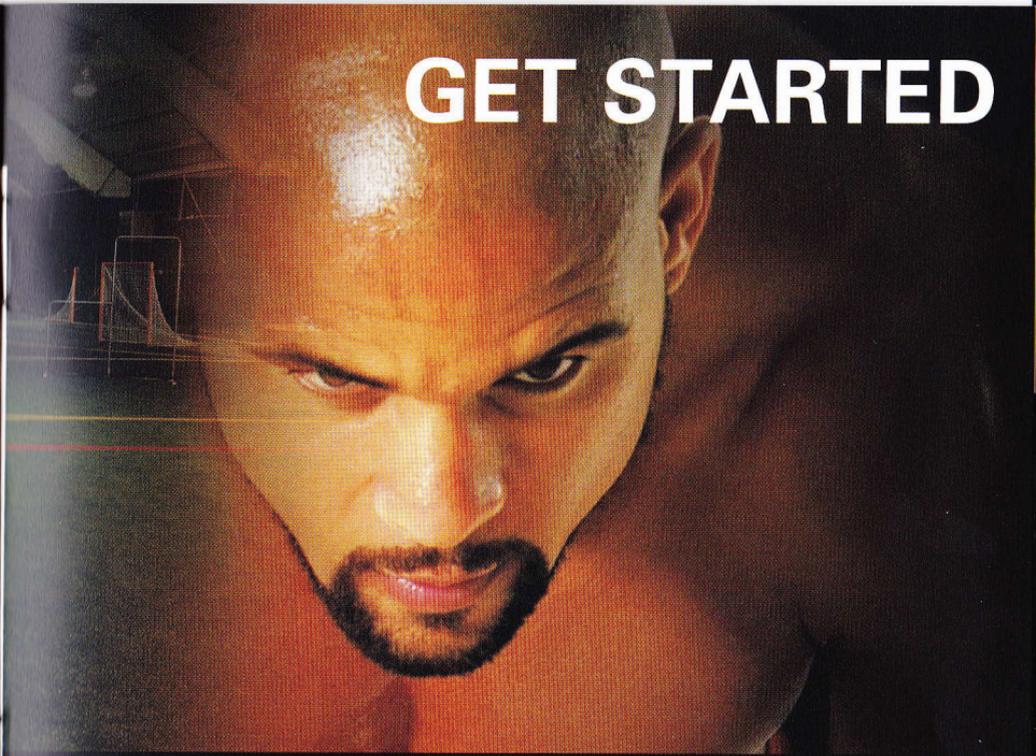
4

REFER TO THE GET SHREDDED NUTRITION GUIDE TO FUEL YOUR BODY.



KEEP PUSHING PLAY FOR 30 DAYS. THEN TAKE THE FIT TEST AGAIN, AND TAKE YOUR "AFTER" PHOTOS, WEIGHT, AND MEASUREMENTS.

GET STARTED

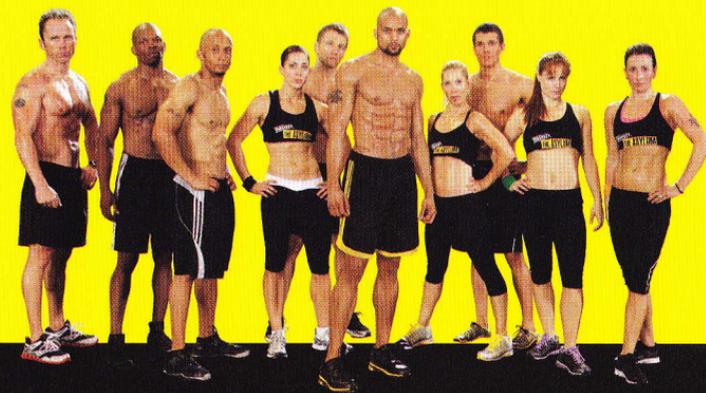


CHECK WITH YOUR PHYSICIAN BEFORE STARTING THIS OR ANY PROGRAM. WE RECOMMEND

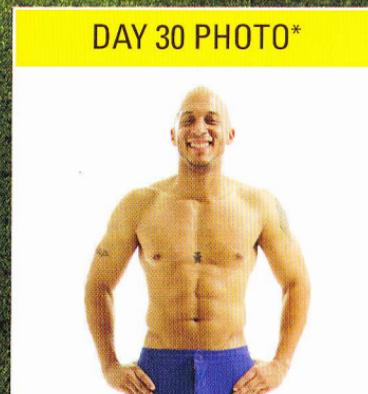
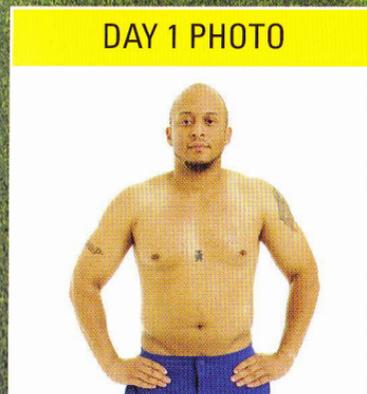
THAT YOU COMPLETE 60 DAYS OF INSANITY OR P90X BEFORE TRYING INSANITY: THE ASYLUM.

TRACK YOUR PROGRESS

- » RECORD YOUR "BEFORE" WEIGHT AND MEASUREMENTS BELOW. WE RECOMMEND TAKING PHOTOS AND A DAY 1 VIDEO.
- » FIND MORE TIPS FOR MEASUREMENT AT TRYASYLUM.COM.
- » AFTER 30 DAYS, RECORD YOUR WEIGHT AND MEASUREMENTS BELOW AND TAKE YOUR "AFTER" PHOTOS.
- » SEND US YOUR RESULTS AND GET AN "I'M COMMITTED" T-SHIRT (1 PER PERSON).

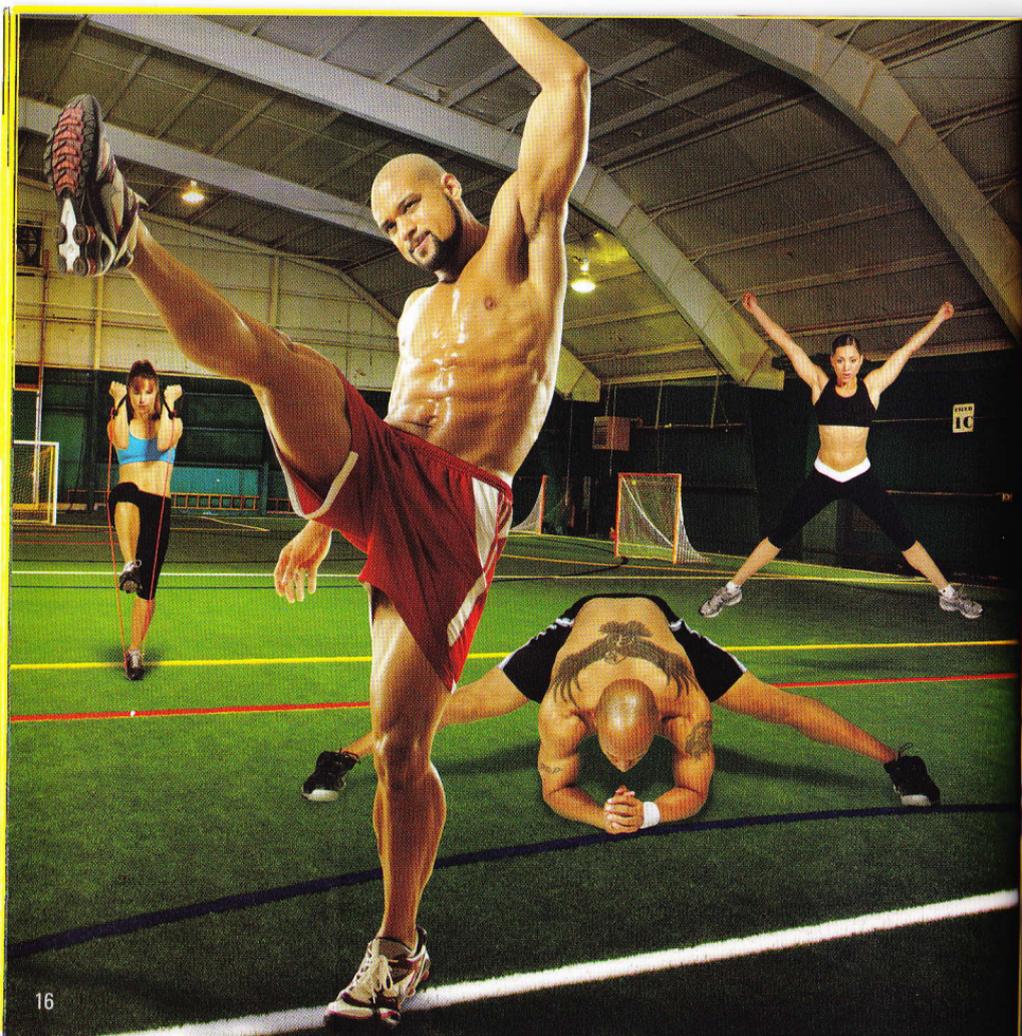


	DAY 1	DAY 30
CHEST		
RIGHT ARM		
LEFT ARM		
WAIST		
HIPS		
RIGHT THIGH		
LEFT THIGH		
WEIGHT		



WE WANT TO SEE YOUR INSANE RESULTS. SEND YOUR "BEFORE" AND "AFTER" PHOTOS TO US AT TRYASYLUM.COM AND FIND OUT HOW TO GET A FREE T-SHIRT.

*Results vary.



FIT TEST

IT'S NOT ABOUT WHERE YOU ARE NOW. IT'S ABOUT WHERE YOU'RE GOING. **ALL YOU HAVE TO DO IS FOLLOW ALONG ON THE DVD.** BE SURE TO WARM UP FIRST! MARK DOWN THE NUMBER OF REPS YOU CAN DO FOR EACH EXERCISE.

EXERCISE

DAY 1

DAY 15

DAY 30

AGILITY HEISMAN

IN & OUT AB PROGRESSION

PULL-UPS/ PUSH-UPS

MOUNTAIN CLIMBER SWITCH KICKS

AGILITY SHOULDER TAPS

X JUMPS

MOVING PUSH-UPS

AGILITY LATERAL SHUFFLE

AGILITY BEAR CRAWL

PROGRESS TRACKER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

DUMBBELL WEIGHT (LBS.)

RESISTANCE BAND (COLOR)

UPPER TONING POWER BANDS (YES/NO)

LOWER TONING POWER BANDS (YES/NO)

OF CHIN-UPS/PULL-UPS

ENERGY LEVEL

SORENESS

SPEED ROPE SKILLS

HOW'S MY DIET?

AM I DRINKING ENOUGH WATER?

DID I DRINK SHAKEOLOGY®?

DID I DRINK RESULTS AND RECOVERY FORMULA®?

USE THIS PROGRESS TRACKER AS A JOURNAL TO TRACK THE PROGRESS YOU MAKE, ALONG WITH ANY NOTES THAT HELP YOU IN YOUR WORKOUTS. FILL IN THE DETAILS OR RATE YOURSELF ON A SCALE OF 1 TO 10.

