



Introduction to INSANITY MAX:30™



A message from Shaun T

Congratulations on committing to your health and fitness! By joining me and your Challenge Group, you'll get all the support you need to get the best results of your life! PLUS with Beachbody® On Demand, you'll have instant access to stream your workouts anytime you're on-the-go!

We're going to spend the next 60 days together doing INSANITY MAX:30 and I'm committing 100% to your success. I'm going to motivate you, give you the fitness tools to succeed, and be there for you—every single day. That's my promise. In return, I need that level of commitment from you. If you Dig Deeper® than you ever thought you could, push to your personal MAX every day, and follow my Nutrition to the MAX

This journey will be challenging, but it will be a lot of fun too. I'm excited that we're going to spend the next 9 weeks together because in that time, many things will change for you . . . not just your body. This program, and the friends you will make in it, will be a very special experience. You'll build a support system that will last well beyond the 60 days, and the more you put into that system, the more you will get out of it. Never lose sight that MAX:30 and this Challenge Group are all about getting YOU results.

What are the commitments for an INSANITY MAX:30 Challenge Group?

- Work out 30 minutes per day, 5 days a week, for 60 days.
- Drink Shakeology® daily.
- Follow Nutrition to the MAX for a simple guide to eat what you love and get the INSANE results you want.
- Use the No Time To Cook Guide to fuel your body and stay on track even when you're on-the-go.
- Take photos and measurements on Days 1, 30, and 60, and stay accountable by tracking your progress and recording your MAX OUT time daily on the Max Out Wall Calendar.
- Track your workouts and Shakeology intake and interact with your Coach and group through the My Challenge Tracker App or through a private Facebook® group – whichever platform your Coach designates.
- You won't need any equipment to get INSANE results from INSANITY MAX:30—just your body. However, if your workout surface is hard (such as a concrete floor), use the Beachbody Core Comfort Mat for the Ab Maximizer workouts.
- Use Beachbody On Demand anytime you need to work out on-the-go!

Although not required, we recommend purchasing the portion-control containers to help you learn a simple and effective way to get all the nutrition you need to push your body to the MAX.