

# INSANITY MAX:30

TM



# MAXOUT GUIDE

# GET READY FOR THE HARDEST 30-MINUTE WORKOUT OF YOUR LIFE



I'm so excited you've decided to take the 60-Day "MAX OUT CHALLENGE." Whether you're a fitness beginner who wants to jump-start their journey with an insane workout (this one has a modifier!), a FOCUS T25® graduate ready for a harder challenge, or an INSANITY® graduate looking to bring your fitness to the next level, I know you're going to love INSANITY MAX:30™.

What I love about this program is that it's going to push you to your Max. Literally. It's so hard, it's so sweaty, and it's more insane than ever because it's only 30 minutes. There are over 150 new moves and new sequences that are so crazy, even I was scared to do them at first! Just remember it's only 30 minutes. You can do anything for 30 minutes!

You will be challenged to push harder than ever before, and you will need to Dig Deeper® than you ever thought you could. But if you do, I promise you will see results you never imagined possible.

*Shaun T*

# GETTING STARTED

## DAY 1

**PLEASE FOLLOW THE STEPS BELOW AND BE SURE TO CHECK WITH YOUR PHYSICIAN BEFORE YOU START THIS PROGRAM.**

1

**TAKE YOUR WEIGHT, MEASUREMENTS, AND “BEFORE” PHOTOS.** You will see amazing results with these workouts, but you won't know how far you've come unless you know where you started.

Record your stats on the **PROGRESS TRACKER** on page 12 and get a **FREE #IMAXEDOUT** T-shirt when you complete the program.



2

**PUSH PLAY ON YOUR FIRST WORKOUT – CARDIO CHALLENGE.** For the rest of the 60 days, check the Calendar each day to see what workout you should be doing.

3

**RECORD YOUR MAX OUT TIME.** The first time you stop or fail during the workout is your MAX OUT TIME. Each day you work out, write down your MAX OUT TIME in the space provided on the calendars. That way, the next time you do that workout, you'll know what time you're trying to beat!

4

**READ THE NUTRITION TO THE MAX GUIDE.** Fitness is only half the battle, if you follow the Nutrition plan you will get MAX results. Don't worry, IT'S NOT A DIET!

5

**GET YOUR FREE TEAM BEACHBODY® COACH.** Having support and motivation will help you get through this 60-day challenge. Just go to [FREEMAX30Coach.com](http://FREEMAX30Coach.com) and sign up now.



# WHAT YOU GET

## THE WORKOUTS

### MONTH ONE

1. CARDIO CHALLENGE
2. TABATA POWER
3. SWEAT INTERVALS
4. TABATA STRENGTH
5. FRIDAY FIGHT: ROUND 1

+AB ATTACK:10

### MODIFIER DVD TRACK

### MONTH TWO

6. MAX OUT CARDIO
7. MAX OUT POWER
8. MAX OUT SWEAT
9. MAX OUT STRENGTH
10. FRIDAY FIGHT: ROUND 2

+PULSE

This option allows you to see the modifier on the TV screen at all times and can be found on each workout DVD's "main menu" screen.



## MAX RESULTS TOOLS

### MAX OUT GUIDE

Everything you need to know about this program and how to achieve MAX results in 60 days. Really. It's a must-read!

### NO TIME TO COOK GUIDE

We know you're busy and always on the go, but that doesn't mean you have to eat a Big Mac and fries. Nearly every restaurant in the world has healthy options if you know what to look for. So look no further.

### NUTRITION TO THE MAX

A smart, simple, and sensible approach to eating. No complicated recipes and no counting calories.

### MAX OUT WORKOUT CALENDAR

Find out which workout to do each day and keep track of your Max Out times. Or try the **Ab Maximizer Workout Calendar** if you've got 15 extra minutes and want that six-pack even faster!

# WORKOUT DESCRIPTIONS

## MONTH ONE

In Month One, Shaun alternates killer cardio workouts and Tabata-style strength workouts, all in preparation for your Friday challenge, called Friday Fight.

- 1. CARDIO CHALLENGE** (TRT 30 min.)  
This workout serves as your Fit Test and your introduction to the program. 30 minutes of the hardest cardio sequences you've ever tried . . . Welcome to INSANITY MAX:30.
  - 2. TABATA POWER** (TRT 30 min.)  
Your strength training starts here with a traditional Tabata-style "20 seconds on, 10 seconds off" workout structure. This plyometric-focused workout will leave your muscles begging for mercy.
  - 3. SWEAT INTERVALS** (TRT 30 min.)  
Just in case you didn't think Cardio Challenge was hard enough, you'll have Sweat Intervals to tackle as well. 30 minutes of screaming, sweating, calorie-scorching madness.
  - 4. TABATA STRENGTH** (TRT 30 min.)  
You won't see this until halfway through Month One because Shaun T takes it up a notch (or two) in this NO REST, Tabata-style workout. You heard right . . . 30 minutes, no rest, and we haven't even gotten to Month Two yet!
  - 5. FRIDAY FIGHT: ROUND 1** (TRT 30 min.)  
You've been preparing all week and now it's time for the Friday Fight. This workout will be a battle between your mind telling you to push to a new Max and your body saying, "OMG, are you serious?" And this is just Round 1.
- + AB ATTACK:10** (TRT 10 min.)  
This 10-minute routine will feel like an attack on your abs but you'll love the results. Check out the **Ab Maximizer Workout Calendar** to see how you can get six-pack abs from this one crazy workout. (*Note: You will find Ab Attack:10 on all your cardio workouts.*)



## MONTH TWO

You'll feel like you're right back at Day 1 when Shaun takes you to the max Month Two-style. The intervals all get longer, but the rest stays the same!

- 6. MAX OUT CARDIO** (TRT 30 min.)  
This may be the craziest cardio workout you ever tried. Just wait till you get to the first Power Move. What minute are you Maxing Out at now?
  - 7. MAX OUT POWER** (TRT 30 min.)  
The intervals are longer in this "45 seconds on, 15 seconds off" Tabata-style plyometric power madness.
  - 8. MAX OUT SWEAT** (TRT 30 min.)  
The more minutes you make it through, the more you SWEAT and the more calories you burn. You'll know why we say, "twice the sweat in half the time" from this workout.
  - 9. MAX OUT STRENGTH** (TRT 30 min.)  
Max strength and max fat burn are what you'll get from this "45 seconds on, 15 seconds off" Tabata routine. Your arms, shoulders, chest, and core will be toast after this upper-body-focused strength workout.
  - 10. FRIDAY FIGHT: ROUND 2** (TRT 30 min.)  
The new "hardest workout ever." Every move is a minute in this final fight between your body and your mind. Who's going to win?
- + **PULSE** (TRT 20 min.)  
Aka Shaun's version of a recovery workout, a low-impact combo of stretching and small "pulsing" movements, so you still feel the burn as your body rejuvenates for the week ahead. (Note: You will find Pulse on both Friday Fight DVDs.)







# PROGRAM BASICS

1

**30 MINUTES A DAY! 5 DAYS A WEEK!**

2

This 60-day program features **MAX-INTENSITY CARDIO** workouts and **TABATA-STYLE STRENGTH** training.

- The **CARDIO** workouts give you 30 minutes of calorie-scorching intensity and sweat.
- In the **STRENGTH** workouts, Shaun uses a “Tabata” style of training that focuses on burning fat. Month One follows the traditional “20 seconds on, 10 seconds off” workout structure. In Month Two, Shaun adds his own twist by making each move 45 seconds on, 15 seconds off. Good luck!

3

**NO EQUIPMENT NEEDED!** Your body is your equipment and it really is all you need!

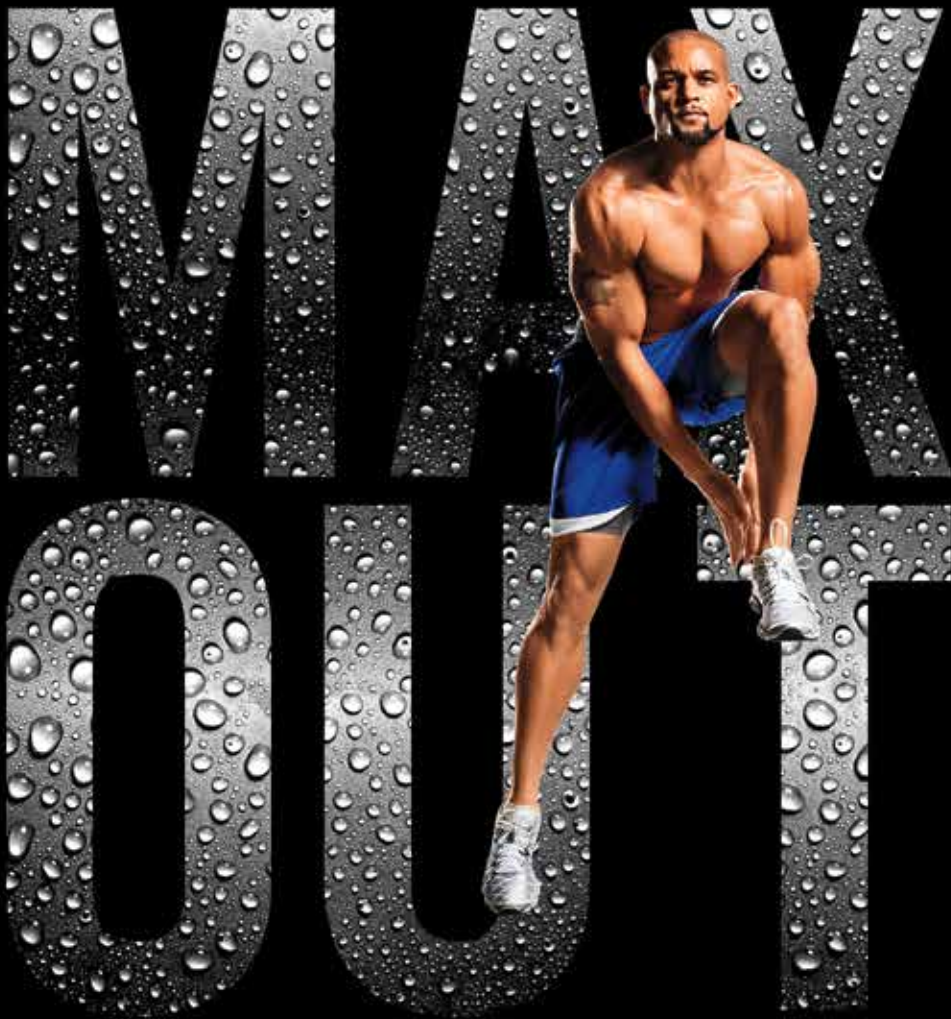
4

This program has **150 NEW MOVES AND SEQUENCES!**

5

There’s a **MODIFIER!** Now almost anyone can do these workouts.

- We’ve even included a **MODIFIER** Track Option which allows you to follow the modifier at all times during the workouts.



**max out** [maks-out] *verb*, to stop or fail for the first time in the workout.

**It's not about getting through all 30 minutes. It's about going as hard as you can for as long as you can, until you MAX OUT.**

When you first start the program, you might only be able to get through the first 10 minutes. That's OK. Take a break when you need to. Just remember to write down your MAX OUT TIME before you jump back into the workout. If you stay committed and push to your max, eventually you'll build up to 15 minutes, then 20, and maybe one day you'll be maxing out at 30 minutes!

# HOW TO TRACK YOUR MAX OUT TIME

Weight and/or inches lost are not the only measure of success with this program, it's about your health and fitness too. Keeping track of your MAX OUT minute will allow you to see how your fitness level improves over the course of this program. Plus, it will keep you motivated to push to your max every time you work out.

1. Push Play on your workout every day
2. Dig Deep and try not to stop
3. When you can't go a second longer and you have to take your first break or stop in the middle of an exercise—YOU HAVE MAXED OUT!
4. Keep your calendar handy so you can quickly jot down the time. Then, as soon as you physically can, get back into the workout! You're in good company, just watch everyone on the DVDs.
5. Do this every day for every workout.
  - **TIP:** To measure your progress, compare MAX OUT TIMES from the same workout. For example: If you're doing *Friday Fight: Round 1*, you should measure your progress by comparing your MAX OUT minute to the last time you did *Friday Fight: Round 1*.

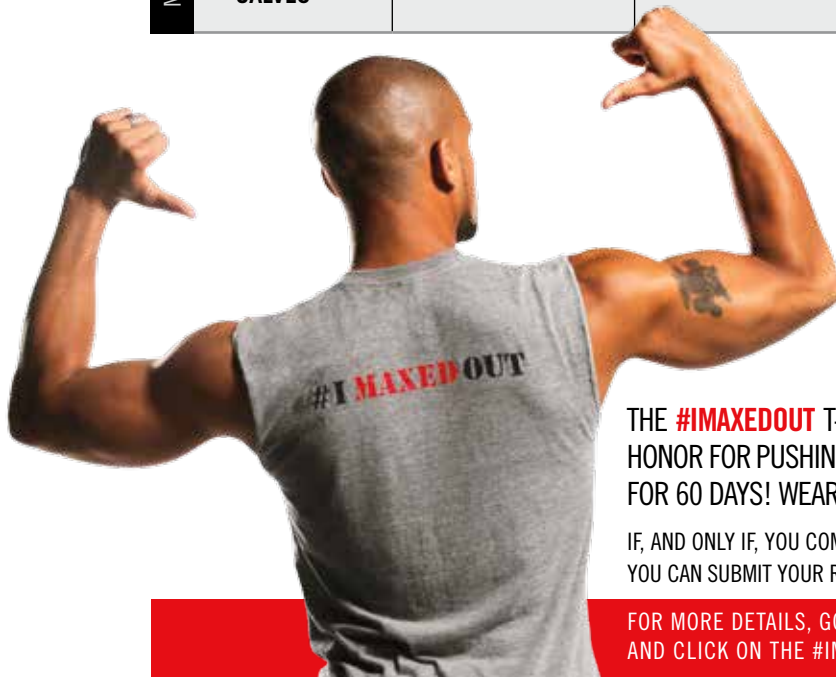


# TRACK YOUR PROGRESS

If you stay committed and push to your max every day for the next 60 days, you will see results you never imagined possible. But in the end, you won't really know how far you've come unless you know where you started. So, **take your weight, measurements, and photos on Day 1.** Then repeat on Day 30, and again on Day 60.

## PROGRESS TRACKER

	DAY 1	DAY 30	DAY 60
PHOTO			
WEIGHT			
M E A S U R E M E N T S	CHEST		
	WAIST		
	HIPS		
	THIGHS		
	TRICEPS		
	CALVES		



THE **#IMAXEDOUT** T-SHIRT IS YOUR BADGE OF HONOR FOR PUSHING TO YOUR MAX EVERY DAY FOR 60 DAYS! WEAR IT PROUDLY.

IF, AND ONLY IF, YOU COMPLETE THIS 60-DAY CHALLENGE, YOU CAN SUBMIT YOUR RESULTS AND **GET A FREE T-SHIRT.**

FOR MORE DETAILS, GO TO [FREEMAX30TSHIRT.COM](http://FREEMAX30TSHIRT.COM) AND CLICK ON THE **#IMAXEDOUT** T-SHIRT.

# HOW TO TAKE YOUR BEST “BEFORE” & “AFTER” PHOTOS



FRONT



SIDE



SIDE ANGLE

## CAMERA

Shoot your photos with a digital camera or smartphone, and save them as follows:

- Minimum size of 2400 x 3000 pixels or higher
- JPEG file format
- 300 dpi resolution

## BACKDROP

Use a solid-colored background that's different from the clothes you're wearing. Avoid standing by windows or bright lights.

## CLOTHES

Wear the same or similar clothing for EVERY PHOTO. Avoid wearing colors that blend into the background. The more skin you show, the more you'll show off your transformation.

## POSES TO STRIKE

Take several photos of your front, side, and side angle that reflect your body's true appearance. Don't suck in or push out.

# THE MAX OUT WORKOUT CALENDAR

## 3-2-1 MAX OUT!

FOR THE NEXT TWO MONTHS, FOLLOW THE WORKOUTS LISTED ON THE CALENDAR.

BE SURE TO NOTE THE TIME YOU **MAX OUT** EACH DAY.

IF YOU'VE GOT A BIT OF EXTRA TIME IN YOUR DAY AND WANT TO FOCUS MORE ON YOUR CORE, THEN CHECK OUT THE **AB MAXIMIZER WORKOUT CALENDAR** ON THE NEXT PAGE.

\*If you have the Sweat Fest DVD, you can use it in place of Sweat Intervals anywhere it appears on the calendar.



# MONTH 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>CARDIO CHALLENGE</b> Take your "Day 1" pics & stats MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>TABATA POWER</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>SWEAT INTERVALS*</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>TABATA POWER</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>FRIDAY FIGHT: ROUND 1</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST or PULSE</b> (optional) MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST</b>
WEEK 2	<b>CARDIO CHALLENGE</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>TABATA POWER</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>SWEAT INTERVALS*</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>TABATA POWER</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>FRIDAY FIGHT: ROUND 1</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST or PULSE</b> (optional) MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST</b>
WEEK 3	<b>CARDIO CHALLENGE</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>TABATA STRENGTH</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>SWEAT INTERVALS*</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>TABATA STRENGTH</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>FRIDAY FIGHT: ROUND 1</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST or PULSE</b> (optional) MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST</b>
WEEK 4	<b>CARDIO CHALLENGE</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>TABATA STRENGTH</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>SWEAT INTERVALS*</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>TABATA STRENGTH</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>FRIDAY FIGHT: ROUND 1</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST or PULSE</b> (optional) MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST</b> Take your "Day 30" pics & stats

# MONTH 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>MAX OUT CARDIO</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT POWER</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT SWEAT</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT STRENGTH</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>FRIDAY FIGHT: ROUND 2</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST or PULSE</b> (optional) MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST</b>
WEEK 2	<b>MAX OUT CARDIO</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT POWER</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT SWEAT</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT STRENGTH</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>FRIDAY FIGHT: ROUND 2</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST or PULSE</b> (optional) MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST</b>
WEEK 3	<b>MAX OUT CARDIO</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT POWER</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT SWEAT</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT STRENGTH</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>FRIDAY FIGHT: ROUND 2</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST or PULSE</b> (optional) MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>REST</b>
WEEK 4	<b>MAX OUT CARDIO</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT POWER</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT SWEAT</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>MAX OUT STRENGTH</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>FRIDAY FIGHT: ROUND 2</b> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>CARDIO CHALLENGE</b> (optional) MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	<b>CHALLENGE COMPLETE!</b> Take your "Day 60" pics & stats

# THE AB MAXIMIZER WORKOUT CALENDAR



**PUSH  
TO YOUR  
MAX  
EVERY DAY**

Follow this calendar if you seriously want Shaun T's, six-pack abs and are willing to spend a bit more time to make it happen (we're talking 10–15 minutes).

**BE SURE TO NOTE THE TIME  
YOU **MAX OUT** EACH DAY.**

†Max Out Abs and 360° Abs are NOT INCLUDED in the base kit. If you don't have these workouts, simply do AB ATTACK:10 instead. Go to [Beachbody.com](http://Beachbody.com) or [TeamBeachbody.com](http://TeamBeachbody.com) for details on how to purchase.

\*If you have the Sweat Fest DVD, you can use it in place of Sweat Intervals anywhere it appears on the calendar.



# MONTH 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE <small>Take your "Day 1" pics &amp; stats</small> MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	TABATA POWER MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	SWEAT INTERVALS* MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	TABATA POWER MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	PULSE MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	REST
WEEK 2	CARDIO CHALLENGE AB ATTACK:10 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	TABATA POWER MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	SWEAT INTERVALS* AB ATTACK:10 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	TABATA POWER MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	REST
WEEK 3	CARDIO CHALLENGE MAX OUT ABS† MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	TABATA STRENGTH MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	SWEAT INTERVALS* 360° ABS† MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	TABATA STRENGTH MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	REST
WEEK 4	CARDIO CHALLENGE 360° ABS† MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	TABATA STRENGTH MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	SWEAT INTERVALS* MAX OUT ABS† MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	TABATA STRENGTH MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	REST <small>Take your "Day 30" pics &amp; stats</small>

# MONTH 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MAX OUT CARDIO MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT POWER MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT SWEAT MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	PULSE MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	REST
WEEK 2	MAX OUT CARDIO AB ATTACK:10 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT POWER MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT SWEAT AB ATTACK:10 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	REST
WEEK 3	MAX OUT CARDIO MAX OUT ABS† MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT POWER MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT SWEAT 360° ABS† MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	REST
WEEK 4	MAX OUT CARDIO 360° ABS† MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT POWER MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT SWEAT MAX OUT ABS† MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	CARDIO CHALLENGE MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min.   <input style="width: 40px; height: 20px;" type="text"/> sec.	CHALLENGE COMPLETE! <small>Take your "Day 60" pics &amp; stats</small>

# SHAUN'S TIPS FOR MAXIMUM RESULTS

## MAINTAIN PROPER FORM

Listen to Shaun's cues and make sure you are following his instructions. Using proper form will also greatly reduce your chances of getting injured!

- **TIP:** Try doing the workouts in front of a mirror so you can see if you're doing the movements correctly.

## DON'T BE AFRAID TO MAX OUT

Knowing the workouts are 30 minutes, your body will naturally want to conserve energy so it can complete all 30 minutes. But, these workouts are designed to make you fail. So make sure you go for it every minute of every workout. Take a break when you need to, note your "MAX OUT" time and then get back into it.

## REST WHEN NEEDED

Commitment is key for great results, but so is listening to your body, watching your form, and taking breaks as needed to keep you injury-free. If life has gotten in your way, and MAXING OUT is too much, swap out your regularly scheduled workout for the 20-minute, low-impact Pulse workout. Oftentimes, a few days of resting and/or taking things down a notch is just what your body needs to get its fire back. Train smart!

## HOW TO MAXIMIZE RESULTS WITH NUTRITION...

### FOLLOW THE NUTRITION TO THE MAX GUIDE

As challenging as the workouts are, you simply won't get MAX RESULTS if you don't pay serious attention to your nutrition. We know it's tough to find the time to make your own meals, so follow the **NO TIME TO COOK GUIDE** for info on how to make healthy choices even when you're on the go.

### DRINK TONS OF WATER

Staying hydrated could not be more important to your results. If you're not seeing results, it could be because you're not drinking enough water! Check out the **BEACHBODY® WATER BAR** in the nutrition guide for ideas on how to make your water taste even better!

### GET YOUR DAILY DOSE OF VITAMINS AND MINERALS

When you're following a low-calorie diet, it's tough to get all the vitamins and minerals your body needs to power through these crazy workouts. Try taking ActiVit®, Beachbody's premium multivitamin formula. It contains 100% of the daily nutritional requirements.



## HOW TO GET RESULTS EVEN IF YOU MODIFY:

### CHECK YOUR FORM

Watch the modifier closely to make sure you're doing the movement correctly. If you find that you're doing the modified movements a majority of the time, it might be a good idea to follow the **"Modifier" version** of the workout (on "main menu" screen of DVD). This version offers a split-screen view of the modifier and the main workout, so you can follow the modifier the whole time.

### MOVE WITH PURPOSE

Modified movements should still challenge you. But because modifying often means little-to-no plyometric ("jumping") movement, it's easy to slack off. So, make sure you maintain the same level of intensity you'd have if you were doing the plyo moves.

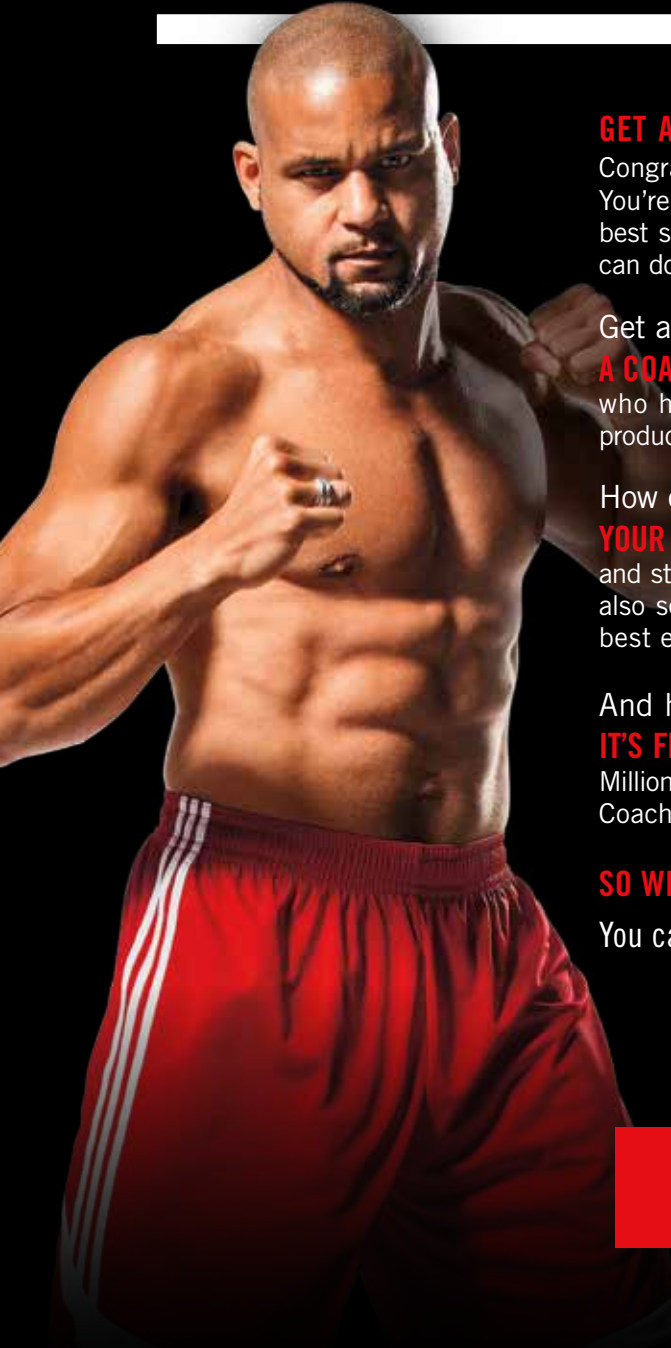
### ONLY MODIFY WHEN YOU NEED TO

For best results, you should do as much of the "non-modified" movements as possible—whether it's for half of the moves, or even a portion of a move. If you don't need to modify, then stick with the original moves and take a break when you need to.

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# I WANT YOU TO MAX OUT AND SEE INSANE RESULTS.

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## **GET A FREE COACH TO HELP YOU SUCCEED!**

Congratulations on starting INSANITY MAX:30! You're going to push to the MAX and get in the best shape of your life. But there's one thing you can do to get even more INSANE results.

Get a Team Beachbody® Coach!

**A COACH IS A CUSTOMER, JUST LIKE YOU,** who has seen great results using Beachbody® products and wants to help you reach your goals.

How can a Coach help?

**YOUR COACH WILL HELP KEEP YOU MOTIVATED** and stay in touch online or over the phone. They'll also set you up on TeamBeachbody.com, for the best exercise advice and nutrition tips.

And here's the best part:

**IT'S FREE. IT COSTS YOU ABSOLUTELY NOTHING.** Millions of people have been partnered with their Coaches to achieve their dream bodies.

**SO WHAT ARE YOU WAITING FOR?**

You can do this!

*Shaun T*

Get your Coach today at  
**[FREEMAX30COACH.com](http://FREEMAX30COACH.com)**

GET THE CHANCE TO WIN CASH AND PRIZES

GET SUPPORT. GET FIT. GET PRIZES.



Want to get the most from your **INSANITY MAX:30** program? The **Beachbody Challenge**® will give you the motivation, support, and tools you need to get your best results.

With peer support and the chance to win cash and prizes, you'll get insane results with **INSANITY MAX:30** in no time. Then share your fitness transformation to get a FREE shirt and a chance to win over \$100,000!†

TAKE THE CHALLENGE at [TakeBBChallenge.com](http://TakeBBChallenge.com)

GET YOUR FREE T-SHIRT

"In the long term, I don't think I could have lost the weight and kept it off without the support system of the Beachbody Challenge; it's been absolutely essential. Winning money is just the icing on the cake."  
-Lisa J.  
Beachbody Challenge Monthly Winner

before after\*

The advertisement features a central image of a man and a woman. The man is wearing a grey t-shirt with 'INSANITY MAX:30' printed on it. The woman is wearing a grey t-shirt with 'STRAIGHT OUT' printed on it. To the left of the image is a red circular badge with the text 'GET YOUR FREE T-SHIRT'. To the right is a red rectangular area containing a testimonial quote from Lisa J., a Beachbody Challenge Monthly Winner. Below the testimonial are two small inset photos of Lisa J. in a black bikini, labeled 'before' and 'after\*'. The 'after\*' photo shows her with a significantly more toned physique.

†Go to [TakeBBChallenge.com](http://TakeBBChallenge.com) for all rules, terms, and conditions. \*Results vary.

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.

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