

INSANITY

THE ASYLUM

VOL. 2

THE PLAYBOOK



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**WELCOME TO**

## **THE ASYLUM VOLUME 2: ELITE TRAINING SERIES**

Shaun T says, “The work doesn’t start until you get tired,” and when you Push Play on Volume 2 you will know what that means.

Volume 1 taught you the fundamentals of sports performance, and now you’ll build on that foundation with training techniques used by professional athletes to separate them from the competition. Shaun challenges you with complex agility moves, progressive new strength moves, dynamic power exercises, and so much more.

And at the end of any game, everyone, even the pros, gets tired. But it’s what happens when you’re tired that separates the amateurs from the professionals. You need the highest level of mental and physical toughness to succeed. Each workout gets progressively more difficult, pushing you to maintain form and focus when you want to quit the most.

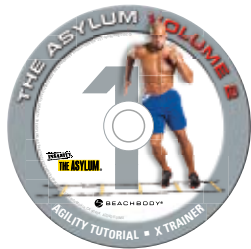
At the end of 30 days, you’ll have the endurance, stamina, and focus you need to win the game. That’s what Volume 2 is all about.

Are you ready? Let’s go!

INSANITY: THE ASYLUM VOLUME 2 is an extreme and physically demanding workout. This is NOT for beginners or individuals with any medical condition or other limitations 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.

# WHAT YOU GET

## 7 WORKOUTS PLUS FIT TEST (SUDDEN DEATH OT) AND AGILITY TUTORIAL



### DISC 1

#### AGILITY TUTORIAL

Shaun T breaks down his 8 mind-twisting agility moves, so you're a pro when it comes time to hop in the ladder. But don't be fooled by the title—this tutorial is a workout in itself. How fast can you break out?

Approx. 25 minutes  
Tools Used: Ladder

#### X TRAINER

In ASYLUM: Volume 1, you trained for speed, total-body power, core strength, and agility. X Trainer tests it ALL—and challenges you in every way. You'll be swimming in a pool of sweat by the end of this action-packed workout.

Approx. 50 minutes  
Tools Used: Ladder, Jump Rope, Dumbbells



### DISC 2

#### UPPER ELITE

A progressive upper-body workout only an elite athlete could handle. Push your shoulders, biceps, triceps, chest, and back to the max with this dynamic set of upper-body moves.

*Includes band setup to help those of you using resistance bands.*

Approx. 60 minutes  
Tools Used: Ladder, Jump Rope, Dumbbells

#### AB SHREDDER

This ab workout will have your entire body trembling. No sit-ups or crunches, but your abs will be begging for mercy.

Approx. 20 minutes  
Tools Used: Ladder, Mat



### DISC 3

#### POWER LEGS

Power Legs will punish your lower body. Your quads, hamstrings, glutes, and calves will be burning all the way through this lower-body beast.

Approx. 55 minutes  
Tools Used: Ladder, Dumbbells, Strength Bands (optional)

#### AB SHREDDER

This ab workout will have your entire body trembling. No sit-ups or crunches, but your abs will be begging for mercy.

Approx. 20 minutes  
Tools Used: Ladder, Mat





## DISC 4

### BACK & 6-PACK

The key to every elite athlete is a solid back and core. Just like it sounds—hit your back and 6-pack in this 360-degree core workout, so you shred fat and build that powerhouse core you need to compete like an Olympic athlete.

Approx. 40 minutes

Tools Used: Jump Rope, Dumbbells, Mat, Strength Bands (optional), Chin-Up Bar (optional)



## DISC 5

### CHAMPIONSHIP

You won the race on Game Day in ASYLUM Volume 1. Now it's the Championships. Get ready to defend your title, one sport at a time.

#### + BONUS!

### FIT TEST (SUDDEN DEATH OT)

In Volume 2, the Fit Test isn't at the beginning; it's at the end. Shaun likes to call it Sudden Death OT. Good luck . . . you're going to need it.

Approx. 60 minutes

Tools Used: Ladder, Dumbbells, Strength Bands (optional)



## DISC 6

### OFF-DAY STRETCH

Just like an elite athlete, you'll need a good stretch to relieve those aching muscles. This feel-good routine will improve flexibility and refocus your mind so you're ready for your next workout.

Approx. 30 minutes

Tools Used: None



## DISC 7

(FOR TEAM BEACHBODY® MEMBERS)

### PURE CONTACT

*Only have 6 discs? Disc 7 is FREE for Team Beachbody members only! Go to [Beachbody.com](http://Beachbody.com) or [TeamBeachbody.com](http://TeamBeachbody.com) for more details.*

Learn how to contact the ground and move with purpose in this challenging 25-minute workout.

Approx. 25 minutes

Tools Used: Ladder, Jump Rope

# ASYLUM 2

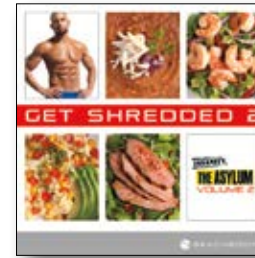
## 30-DAY WALL CALENDAR

- 30-Day **INSANITY: THE ASYLUM®** Volume 2 Calendar
- Bonus! **INSANITY: THE ASYLUM** Volume 1/Volume 2 60-Day Hybrid Calendar



Find out which workout to do each day for your first 30 days and mark them off as you go. Track your results of Shaun T's Fit Test (Sudden Death OT) Challenge and see how you rank among the elite! Take a video of your results and upload to the Facebook® page and learn how you can get a FREE Team ASYLUM T-shirt.

When you're ready for more, check out the Hybrid Calendar—a 60-day program that combines ASYLUM Volume 1 and Volume 2. Finished with that? Check out the Ultimate Trifecta at TryAsylum.com—a 90-day program of INSANITY, ASYLUM Vol. 1, and ASYLUM Vol. 2.



## GET SHREDDED: VOLUME 2

Get Shredded 2 is more of what you loved about Volume 1. You won't just train like the pros, you'll eat like the pros too. You may even get abs like Shaun T. If not, you're sure to get a 6-pack.



## 3-STEP QUICK-START GUIDE

This 3-step quick-start guide will have you Pushing Play in no time. Check it out to see the fastest way to get busy with Shaun T and the rest of Team ASYLUM.

# ASYLUM 2

# TRACK YOUR PROGRESS

If you commit yourself to *INSANITY: THE ASYLUM* Volume 2 for 30 days, we know how amazing the results will be. We want you to see them also, so make sure you track your progress! Go to [TryAsylum.com](http://TryAsylum.com) and click on the "I'm committed" T-shirt. The video will give you step-by-step guidance on how to take the best photo poses to record your ASYLUM fitness journey.

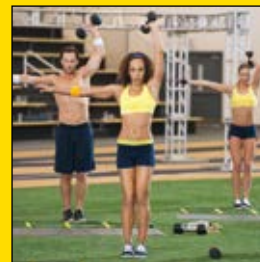
## MEASUREMENTS

Before you start, record your "before" weight and measurements. Find tips for how to take accurate measurements.

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

## TAKE A PICTURE

Be sure to take your "before" and "after" photos.



## FIT TEST (SUDDEN DEATH OT)

If you've done Volume 1, then you're used to taking the Fit Test before you start the workout. In Volume 2, you'll take the Fit Test when it counts, AFTER your workout is finished.

Each and every week at the end of the Championship workout, you'll take the 3-minute Fit Test. It's called Sudden Death OT.

Record the number of rounds you complete below or on your calendar. Post a video of yourself doing Sudden Death OT online at [Facebook.com/InsanityTheAsylum](https://www.facebook.com/InsanityTheAsylum) to see how you stack up against the competition and find out how to receive a FREE "Team ASYLUM" T-shirt!

### NUMBER OF SUDDEN DEATH ROTATIONS

WEEK 1

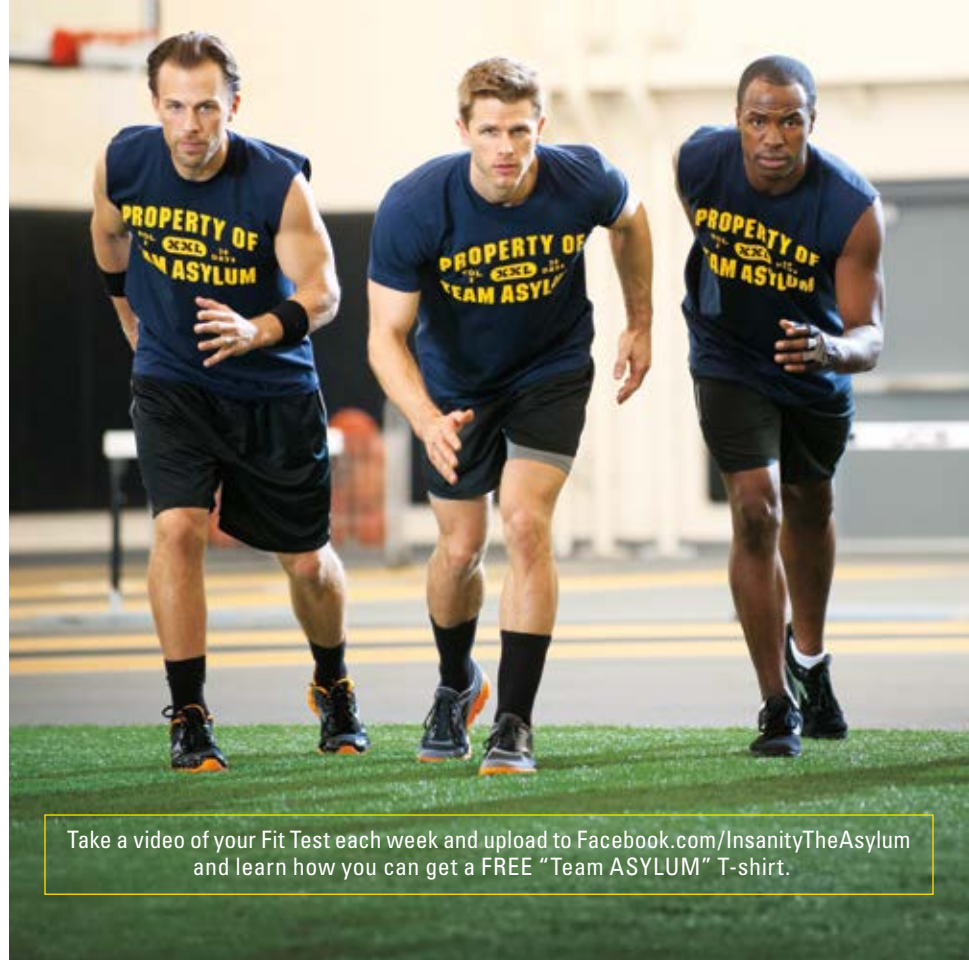
WEEK 2

WEEK 3

WEEK 4

## THE ASYLUM PERFORMANCE TRACKER

You'll see so many improvements every 30 days that we created an entire progress sheet, available online at [TryAsylum.com](https://www.TryAsylum.com). Use this sheet to document your performance and track the progress you make each week in your ASYLUM workouts.



Take a video of your Fit Test each week and upload to [Facebook.com/InsanityTheAsylum](https://www.facebook.com/InsanityTheAsylum) and learn how you can get a FREE "Team ASYLUM" T-shirt.





ANDY



TRACI



SCOTT

# MEET TEAM ASYLUM

THESE MEN AND  
WOMEN WERE HAND-  
PICKED BY SHAUN T  
HIMSELF TO REPRESENT  
TEAM ASYLUM. NO ONE  
KNOWS HOW TO BRING  
IT HARDER THAN THESE  
GUYS. CAN YOU KEEP  
UP WITH SHAUN T AND  
TEAM ASYLUM?



JAM



ALYSIA



JEFF



ALLIE



TERRELL



MANWE



MARIA



AKIN



KENDRA



JIMMY



DANIELLE



## **E&E ENERGY AND ENDURANCE™** **FUEL UP YOUR WORKOUTS FOR FASTER RESULTS.**

Shaun T uses E&E to give him the edge. It's the only preworkout supplement he's ever taken. Simply take 1 serving before your workout and you'll have more energy, endurance, strength, and focus so you soar through your workout and outlast the competition. E&E features a proprietary blend of vitamins and natural energizers to help you burn more calories and fat to maximize your workouts.\*

Best of all, the lemon-lime flavor tastes great too!

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Product contains natural rubber latex (NRL) which may cause allergic reactions.



## **OTHER INSANE PRODUCTS AND ACCESSORIES**



### **STRENGTH BANDS**

These bands amplify the intensity of the ASYLUM movements, making every move more effective and more insane! When deciding what band to use, just remember that your upper body will respond best to a lighter resistance, while your lower body can take a heavier resistance—and always remember to listen to your body.†



### **CHIN-UP BAR**

If you want to take your ASYLUM workouts to the next level, it's essential to have a Chin-Up Bar in your home. Shaun T's favorite strength-training gym accessory, the Chin-Up Bar, will challenge your upper body in a way you never thought possible. And best of all, this Chin-Up Bar is easy to assemble and built to last.



### **CHIN-UP MAX**

Not quite ready to step up to the Chin-Up Bar? Don't dismiss it entirely. Use this training tool to help work your way up. By offsetting some of your body weight, you're able to practice some moves before your muscles fatigue. In no time you'll be banging them out, just like Shaun T.†



### **RESULTS AND RECOVERY FORMULA®**

Get better results and recover faster! After an intense ASYLUM workout, this formula will provide you with the vital nutrients you need to bounce back from your workout.\* And the delicious orange flavor makes it the perfect postworkout treat.

For details on how to order, go to [Beachbody.com](http://Beachbody.com).



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