

Keep these INSANITY facts in mind when speaking to customers to help get an insane amount of orders.

## **INSANITY**

- Transform your body in 60 days with the hardest workout put on DVD.
- You'll push yourself to your limits with this extreme cardio challenge. No weights or equipment required, just the will to make it through.

## **How INSANITY works**

- Get into shape in record time with **Max Interval Training**. You'll perform long bursts of high-intensity exercise, followed by shorter periods of rest—*the opposite of traditional cardio methods*.
- You can burn up to 1,000 calories per workout, and get lean and ripped without any weights or equipment.

## **INSANITY is for**

- Anyone who is ready for a fitness challenge and wants to get into the best shape of their life.
- It's an advanced program that's meant to challenge even very fit athletes. But anyone can go at their own pace until they're ready to meet this ultimate challenge.

## **Tools for more extreme results**

Customers can purchase the Deluxe Kit that includes the addition of **3 ADVANCED DVDs**, a **Professional-Grade Jump Mat**, and **Body Fat Calipers**.

## **Shaun T**

- Creator of INSANITY and Hip Hop Abs®, he's a former track and field star.
- Graduated from Rowan University, received a Bachelor of Science degree in Sports Science with a minor in Theater and Dance.

## **Bonus workouts for your customers**

**Exclusive! FREE Fast and Furious DVD:** This explosive 20-minute insane workout is perfect when you're short on time.

(A \$19.95 Value – Free only on TBB and through a Coach)