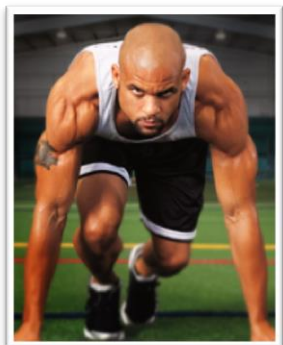


# INSANITY: THE ASYLUM® 30-Day Challenge Group

## Participant Starter Guide



## Introduction to INSANITY: THE ASYLUM®



### A message from Shaun T

First off, welcome to INSANITY: THE ASYLUM and congratulations.

You made the smart decision and took a key step in improving your fitness and your health. By committing to your Challenge Group and THE ASYLUM, not only will you be healthier in 30 days, I know you will be in the best shape of your life.

I 100% commit to you to show up every day, motivate you, and give you the fitness tools to succeed. That's my promise. In return, I need that level of commitment from you. The road to success will be challenging, but if you Push Play every day and follow my nutrition plan, you will look and feel like a pro athlete in just 30 days.

Now I know I mentioned the road will be challenging, but it will be fun too. I am excited that we are going to spend the next month 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 will build a support system that will last well beyond the 30 days, and the more you put into that system, the more you will get out. Never lose sight that this program and this Challenge Group are all about getting YOU results. Now go train like an elite athlete!

### What is the commitment for an INSANITY: THE ASYLUM Challenge Group?

- **Time:** 40 to 60 minutes a day (6 days a week)
- **Total:** 30 days
- Drink Shakeology® daily.
- Follow the Get Shredded Nutrition Plan to fuel your body with the RIGHT foods.
- Take photos and measurements on days 1, 15, and 30, and record your performance from the Athletic Performance Assessment (Fit Test).
- 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.
- Equipment needs:
  - Agility Ladder and Speed Rope (*Included with THE ASYLUM*)
- Optional equipment for advanced participants:
  - Dumbbells or B-LINES® Resistance Bands
  - Strength Bands
  - Chin-Up Bar
  - Chin-Up Max