

Take advantage of this FAQ to help generate an insane amount of income possibilities with **INSANITY: THE ASYLUM®**.

Q. What do customers need to be successful with INSANITY: THE ASYLUM?

- **Space.** You'll need room to use the Agility Ladder and Speed Rope, move side to side, jump, and do floor exercises. A small living room space should do the trick.
- **Equipment.** Agility Ladder and Speed Rope are included. No other equipment is required, but Strength Bands, B-LINES® Resistance Bands, a Chin-Up Bar, and a Chin-Up Max are helpful in getting you pro results faster.
- **Supplements** that are recommended include:
 - Shakeology®. This ultra-premium nutrition shake promotes digestive health, energy, and even weight loss.*
 - Beachbody Performance™ Energize. Pre-workout supplement with key ingredients to help boost your energy, sharpen your focus, push harder, and last longer.*
 - Beachbody Performance Recover. Post-workout supplement with key ingredients shown to help combat exercise-induced muscle soreness and speed muscle strength recovery to help you accelerate your fitness results.*

Q. Do customers need to have finished INSANITY®, or be extremely fit, before they can start INSANITY: THE ASYLUM?

The great thing about **INSANITY: THE ASYLUM** is that you can go at your own pace and modify any move—so you can be at any level of fitness to start the program.

Q. How much does INSANITY: THE ASYLUM cost?

Base kit

\$89.85; Club member: \$80.87; Coach: \$67.39—PV: \$67.00
30-day money-back guarantee of the purchase price less s&h.

Q. The link below will direct your prospects and customers to the ASYLUM page in the Team Beachbody® “shop.”

Simply add your Coach repID to the end of the URL below, share the link, and you'll get credit for the resulting purchase.

[Add link]

Please note: In order to receive credit for the sale, the purchaser must click on the link containing

YOUR Coach repID.

Q. Is there a Team Beachbody exclusive if customers order INSANITY: THE ASYLUM through me?

Yes! Exclusive! 2 FREE Strength Bands (Red and Green)

Add intensity to your full-body training by using these resistance bands.

Q. Is there an INSANITY: THE ASYLUM Challenge Pack? What are the details?

Yes! It contains an INSANITY: THE ASYLUM Base kit, your first 30-day supply of Shakeology Home Direct**, and a FREE 30-day trial membership to Team Beachbody Club.***†

Here's how to direct prospects and customers to YOUR INSANITY: THE ASYLUM Challenge Pack page:

1. Insert your repID into the link below:

[\[Add link\]](#)

2. Copy and paste the link into an email to your customers.

Still have questions? Check out the Team Beachbody Message Boards or reach out to Coach Relations.

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

**With Shakeology Home Direct, you'll receive this item every 30 days, shipped directly to your door and billed to the credit card you use today in the amount of \$119.95 a month (or \$129.95 a month for vegan Tropical Strawberry Shakeology)—only about \$4.00 a day!—which includes FREE shipping to your doorstep. You may cancel at any time to avoid future charges by calling Customer Service at 1 (800) 470-7870.

***After your first 30 days, you'll be automatically billed to continue your Team Beachbody Club membership at a cost of \$2.99 a week, billed \$38.87 per quarter in advance to the credit card you provide today. You can cancel anytime to avoid future charges by calling Customer Service at 1 (800) 470-7870.

†Offer not valid for current paying Team Beachbody Club members.