

Q: What is INSANITY Certification?

A: INSANITY Certification is an action packed, fun and sweat filled training workshop that allows fitness professionals and fitness enthusiasts alike to become INSANITY Certified so they can teach INSANITY in gyms and other fitness facilities, and use the official INSANITY logo and other licensed materials as part of their professional credentials.

Q: What materials will I receive to prepare me for the Training Workshop?

A: Upon arrival at the workshop, participants will receive the proprietary INSANITY Course Manual, which includes a detailed and in-depth overview of the INSANITY Certification program fundamentals not available anywhere else. You will also use this manual to take notes throughout the workshop while learning to properly teach and cue each move. There are no materials shipped to you before the workshop.

Q: What happens during the INSANITY Certification Training Workshop?

A: The INSANITY Certification Training Workshop is an intensive, choreography-driven one-day live workshop led by INSANITY Master Trainers who combine hands-on instruction and practical advice on how to teach INSANITY.

The workshop is an interactive learning experience designed to provide instructors with the tools necessary to be a successful INSANITY instructor. This live workshop led by INSANITY Master Trainers combine hands-on instruction and practical advice on how to teach INSANITY. With a strong focus on physiology, biomechanics and effective coaching skills, this educational workshop also includes safety and injury prevention and proper exercise modification to accommodate participants of all fitness levels. In addition you are provided with information on how to build your business and create community with in your classes.

The workshop includes an academic portion, a practical portion, the most current INSANITY workout and choreography, and culminates in a written exam.

Q: What is covered during the workshop?

A: Designed to provide expert guidance in all aspects of successfully teaching INSANITY, the workshop is intended to provide an in-depth understanding of the workouts, moves, and choreography that has made INSANITY one of the most successful extreme fitness programs in the world. From the role of nutrition, tips for maximizing results, and techniques for helping class attendees overcome motivational obstacles, to how to leverage the national awareness of one of the most respected and recognized brands in fitness, the workshop provides a “ready-to-use” toolkit participants can use to build a better business by attracting more attention from fitness facilities and class participants, and helping them achieve their best fitness results.

Q: Do I have to have completed INSANITY before attending the workshop?

A: Although it is not necessary to have completed INSANITY to become INSANITY Certified, it is strongly encouraged. Prior knowledge and familiarity with the INSANITY Extreme Home Fitness Program will enhance your experience at the workshop and greatly increase your chances of passing the exam and becoming an even better instructor.

Q: Do I get an INSANITY home fitness DVD kit when I register for INSANITY Certification?

A: No, the INSANITY home fitness DVD kit is not included as part of what you get when you register for INSANITY Certification. If you are interested in purchasing the INSANITY home fitness DVD kit—and it is strongly recommended that you know the program in detail—please go to www.Beachbody.com, or contact your Team Beachbody® Coach.

Q: How do I get INSANITY Certified?

A: In order to become INSANITY Certified, you must attend the 1-day live INSANITY Certification Training Workshop and pass a written exam with a score of 80% or higher. Please allow 4-6 weeks for delivery of your exam results.

Q: How do I sign up for INSANITY Certification?

A: Go to INSANITYCertification.com to purchase the program and sign up for a specific INSANITY Certification Training Workshop. Please review the schedule to select a training workshop near you.

Q: Is INSANITY Certification available internationally?

A: Currently, INSANITY Certification Training Workshops are only offered in the United States and in Canada, although we do have plans to continue to expand internationally in the future. If you live outside of the United States or Canada and are interested in getting INSANITY Certified, you can sign up online, but you must have a U.S. shipping address, billing address, and credit card. For additional assistance, please contact us at INSANITYCertification@Beachbody.com.

Q: How can I request a Training Workshop near me?

A: Please send an email to us at INSANITYCertification@Beachbody.com with the city or location where you would like to have a Training Workshop—if we receive sufficient demand for a specific location, we will be glad to arrange to conduct a workshop there.

Q: What if the Certification Training Workshop I want to attend is full?

A: If the workshop you are interested in attending is full, you can ask to be placed on a wait list for that particular Training Workshop by sending an email to INSANITYCertification@Beachbody.com and indicating the date and location of your desired Certification Training Workshop. If a spot in a wait-listed Certification Training Workshop opens up, we will notify the first person on the list via email. If they do not respond within 48 hours, the next person on the wait list will be notified and given 48 hours to respond. The wait list will be closed 7 days prior to the Certification Training Workshop date.

Q: What can I do with an INSANITY Certification?

A: Once you become INSANITY Certified, you will be able to:

- Teach INSANITY group exercise classes
- Make yourself more marketable to a gym and potential clients by leveraging the power of this world-famous fitness brand
- Use the INSANITY name and logo to market your business
- Distinguish yourself as an INSANITY Certified fitness professional

All activities will be governed by the INSANITY Certification Terms and Conditions.

Q: Can I teach INSANITY classes in a gym or other fitness or public facility?

A: As an INSANITY Certified professional, you can teach group exercise classes at a gym or other fitness or public facility. The facility where you plan to teach and train must sign an INSANITY Certification Facility Agreement before you begin. This agreement can be accessed at the INSANITY Certification website (www.INSANITYCertification.com) under the Clubs & Facilities tab.

Q: What will I learn at the INSANITY Certification Training Workshop?

A: The workshop is designed to expand your knowledge of INSANITY and provide you with information that you cannot get through the INSANITY Extreme Home Fitness Program alone. Some topics that will be discussed are:

- The foundation and principles of the INSANITY program
- The science behind INSANITY and why it works
- The movements that comprise INSANITY workouts and how to safely, effectively, and properly do these movements and the INSANITY exercises
- How to modify and tailor the exercises to your clients' specific needs
- Nutrition and supplements and their importance to INSANITY training
- How to keep clients motivated
- How to teach, cue, and perform the movements in INSANITY
- Practical, professional tips on how to leverage INSANITY Certification to increase your training and/or Team Beachbody coaching business.

Q: Will Shaun T be teaching during the Certification Training Workshop?

A: No, Shaun T will not be teaching the Certification Training Workshops. Each workshop will be taught by a team of highly qualified fitness professionals who have gone through rigorous training to become INSANITY Master Trainers.

Q: What is the written exam?

A: The written exam at the Certification Training Workshop comprises multiple choice and true/false questions designed to test your knowledge and understanding of INSANITY, the materials in the Course Manual, and the other information taught during the Certification Training Workshop.

Q: What is the INSANITY Certification Course Manual?

A: The INSANITY Certification Course Manual has been created to provide a deeper understanding of the INSANITY program. It includes information on fitness, kinesiology, and other related topics beyond the scope of the INSANITY Fitness Guide and Nutrition Plan. An INSANITY Certification Course Manual will be provided for you on the day of your INSANITY Certification Training Workshop.

Q: Will I have to participate in any physical exercise during the Certification Training Workshop?

A: Yes, there will be quite a bit of movement during the Certification Training Workshop. This includes practicing, demonstrating, and cueing various exercises, along with learning the most current version of the INSANITY choreography. If you have any physical limitations or injuries, it is recommended that you recover before attending the workshop.

Q: What happens if I don't pass INSANITY Certification?

A: If you don't pass the exam with a score of 80% or higher, you will not be INSANITY Certified. But you will have 2 options to try again:

1. Option 1: You may attend an entire INSANITY Certification Training Workshop and retake the test at the end of the day for discounted fee of \$99 (plus any applicable tax).
2. Option 2 (Test only option): You can retake the test at the end of an INSANITY Certification Training Workshop for a discounted fee of \$39 (plus any applicable tax).

If you decide to retest with either of the two options, you must do so within 12 months of your original INSANITY Certification Training Workshop. To sign up for either option, please send an e-mail to INSANITYCertification@beachbody.com and indicate the date/location of the Training Workshop you would like to attend.

Q: Do I have to complete INSANITY Certification in one workshop?

A: Yes, you must attend the full day of your Certification Training Workshop and be present during its entirety.

Q: Do I need to complete INSANITY Qualification before I can attend the INSANITY Certification Training Workshop?

A: No, you are not required to complete INSANITY Qualification before attending an INSANITY Certification Training Workshop; however, we want to make sure that you are prepared for the workshop, and completing INSANITY Qualification will help prepare you for the material in the workshop, and will enhance your overall experience with the INSANITY Certification program.

Q: What should I bring with me to my Certification Training Workshop?

A: Bring a change of comfortable athletic clothing, snacks, water, writing instruments, and a great attitude! If you don't plan on purchasing lunch, you should bring a meal with you as well.

Q: Will food and drink be supplied during the Certification Training Workshop?

A: Food and beverages are not included in your Certification Training Workshop purchase.

Q: Will childcare be provided during the Certification Training Workshop?

A: No. No type of childcare is provided during the Certification Training Workshop. Please do not bring anyone who is not registered for the workshop.

Q: How much does INSANITY Certification cost?

A: The cost of the INSANITY Certification Program is \$249 (plus any applicable tax). This includes the one-day training workshop, INSANITY Qualification, and the Course Manual and most current INSANITY "Round" upon arrival.

Q: Are hotel and/or airfare included with the purchase of INSANITY Certification?

A: No. If you are traveling to the INSANITY Certification Training Workshop, you are responsible for all expenses, including airfare, hotel, and all other costs.

Q: How do I get a receipt for my purchase?

A: You will receive an email confirmation upon purchase of INSANITY Certification.

Q: Once I've signed up for an INSANITY Certification Training Workshop, can I change my date?

A: Yes. You can reschedule with no charge if you contact us via email at INSANITYCertification@Beachbody.com at least 14 days in advance of your scheduled Certification Training Workshop date. Rescheduling any time within 14 days in advance of the Training Workshop is subject to a \$25 rescheduling fee. If you don't show up for your Certification Training Workshop, and would like to reschedule, there will be a \$25 rescheduling fee.

Q: What is the cancellation policy?

A: Should you change your mind about the INSANITY Certification program, you may be eligible to receive a refund as follows and subject to the fees below. For all cancellations, please contact us toll free at 1 (888) 247-1940 Monday through Friday from 6:00AM to 6:00PM Pacific Time.

Certification Training Workshop:

- 100% refund of INSANITY Certification Training Workshop program cost (plus applicable taxes) if you cancel your INSANITY Certification program enrollment at least 14 days before your scheduled Certification Training Workshop date.
- If you cancel your INSANITY Certification program enrollment fewer than 14 days from your scheduled Certification Training Workshop date, there will be a \$25 cancellation fee deducted from the refund.
- If you do not show up to your scheduled Certification Training Workshop, and then cancel your INSANITY Certification program enrollment entirely, there will be a “no-show” fee of \$50 deducted from the refund.

Q: How long is my INSANITY Certification valid?

A: Your INSANITY Certification is valid for two (2) years from Beachbody sending notice to you of passing your INSANITY Certification. At the end of the 2-year term, in order to renew, you will have to meet continuing education requirements (in the form of completing an online learning program or attending a refresher Certification Training Workshop) and pay a renewal fee.

Q: I am an INSANITY Certified Professional. How do I get continuing education credits for completing INSANITY Certification?

A: Upon completing INSANITY Certification, you are eligible for 0.8 NASM CEUs, 0.7 ACE CECs, and 6.5 AFAA CEUs. We are currently working on getting CEUs/CECs with additional certifying bodies. To access your continuing education validation, visit INSANITYCertification.com and log in to your Team Beachbody account.

Q: Is INSANITY Certification available in languages other than English?

A: At the moment, INSANITY Certification is only taught in English.

Q: Do I need to be a Certified Personal Trainer or a Certified Group Ex Instructor to become INSANITY Certified?

A: No, you are not required to be a Certified Personal Trainer (“CPT”) or Certified Group Ex Instructor to get INSANITY Certified; however, it is strongly recommended in order to take full advantage of all the benefits of becoming INSANITY Certified. If you are not currently a CPT or group ex instructor, we can provide you with information at the INSANITY Certification Training Workshop.

Q: I am an INSANITY Certified professional. How do I get gyms and fitness centers signed up to permit me to teach INSANITY group exercise classes and train clients in their facilities?

A: A fitness center, gym, or facility must fill out and submit the “INSANITY Certification Facility Agreement” prior to any INSANITY promotion or programming taking place in the facility. Access the “INSANITY Certification Facility Agreement” on the “Clubs & Facilities” tab of the INSANITY Certification site at [m. Beachbody](http://m.Beachbody.com) will acknowledge receipt of the agreement within 5 business days.

Q: If I decide I no longer want to participate in INSANITY Certification, can I give my spot to someone else?

A: No, your registered spot in an INSANITY Certification Training Workshop is not transferable to another individual. Only one Certification workshop should be purchased per Team Beachbody account. This will keep our records organized and allow for a quicker confirmation of your registration, exam results, and diploma.

Q: What if the event I registered for gets cancelled?

A: If Beachbody needs to cancel a scheduled workshop, the Master Trainer for that event will contact everyone who has registered and let them know. At that time, you can call our Customer Service team and reschedule for a different workshop or receive a refund.

Q: I still have more questions, who can I contact?

A: You can call the INSANITY Certification hotline toll free at 1 (888) 247-1940 Monday through Friday from 6:00AM to 6:00PM Pacific Time, or send an email to INSANITYCertification@Beachbody.com.