

The Insanity Workout that claims to be made for anyone who is willing to push play on the DVD everyday and give it their all to a workout that burns up to 1000 calories in an hour for an amazing body in just two months has caught the attention of <http://GentlemensUniversity.com>'s Stan Stevenson, prompting an investigative review.

"The Insanity Workout is all about working at maximum effort throughout the entire workout. The rest periods are short, but they allow you enough time to catch your breath before continuing on to the next exercise," reports Stevenson. "The Insanity Workout takes an effective and proven form of training (interval training) and makes it even more effective by adding maximum intensity between rests. You can do this workout anywhere that there is a DVD player, which means you can do it pretty much everywhere and it only takes two months (60 days) to transform your body."

The Insanity Workout involves interval training, but uses maximum intensity exercises to do so. The workouts include core, cardio, plyo, and balance. There are a total of 10 DVDs that range from 30 minutes to 86 minutes. While one DVD is devoted to assessing one's current ability, the rest are devoted to giving people the body they want. The program also includes a nutrition plan that will help people get the fuel they need to make it through the workouts as well as lose fat and build muscle, and a fitness guide where they learn what they need to about their workouts to get on with the program. The Insanity Workout Calendar is a bonus calendar to help people watch their progress as well as set fitness goals. There are Free Online Support Tools, so they can talk to others who are using the program, as well as fitness experts, discuss results, and stay motivated.

"All that The Insanity Workout requires is one DVD player and one motivated person. Not only can you do this program from the comfort of our home without any equipment but you will also receive four bonuses meant to compliment the workout and give you the results you want," says Stevenson. "Once you complete the program, you can also sign up to become a coach with Beachbody and help others (not just your friends and family) get the body they desire. This program is made for both men and women who want fast results and are ready to do what it takes."

"We think that The Insanity Workout and Shaun T are a great combination to help whoever desires a better body to get one. After learning the principle behind it (maximum effort interval training) and reading as many reviews as we could about The Insanity Workout, we can't help but recommend this workout to anyone who is ready to get in incredible shape. You don't have to get a gym membership or own any equipment. Any good program should focus on nutrition as well as exercise as you will not get you the results you desire without both and The Insanity Workout addresses this as well!"

Those wishing to purchase The Insanity Workout, or for more information, click here:

<http://gentlemensuniversity.com/go/InsanityWorkout/>

To access a comprehensive The Insanity Workout review, visit

<http://gentlemensuniversity.com/insanity-workout-review>