

An Insane Challenge

People have been canceling their gym memberships in droves and rushing out to buy the latest in home work outs created by the Californian based company Beach Body. If Beach Body sounds familiar that's because they are the company behind the award winning, record selling work-out P90X. Since the success of P90X the company has taken a variety of different directions focusing on women, older adults and even the morbidly obese. Put perhaps their most prominent and most feared direction is the workout dedicated purely to being the hardest work-out known to man. Even more difficult than the original P90X And so the Insanity workout was born. I have accepted the Insanity 60 Day challenge and will be telling you all about right here.

Blog # 1

Day 58 - Plyometric Cardio Circuit

Stats- Weight: 155 Body Fat %: 12

After almost 2 months this is still one of the most the grueling workouts. I've finally reached the capacity to keep with the video minute for minute, resting only when instructed to. Even though my stamina has increased and I can physically do more, it still feels like the very first day. Every muscle in my body is quivering by the time I reach the closing stretches. The floor is covered in a pool a sweat and sometimes even spit. This particular workout focuses heavily on larger muscle groups (ex. quads, pecs) so my heart rate tops off at a staggering 190 bpm. The cool down for this workout is longer than the others and by the end I almost feel like I could do it again. Though I know I can't but since it's the first thing I do in the morning it definitely gives me the wakeup call I need to tackle the rest of the day. As I've written in early

posts I've tried doing these workouts at the end of the day and found it absolutely impossible to build up the required energy.

Blog #2

Day 59- Max Cardio & Insane Abs

Stats- Weight: 155 Body Fat %: 12

Today was technically the last day of the real work-outs and it only figures there would be two in one day. Max Cardio is a series of box jumps, standing sprints, knee raises and a whole lot more heart pounding moves. This workout raised my heart rate the highest (198 bpm) but fortunately this is one of the shorter workouts. That's not say I wasn't covered in sweat and completely out of breath. Again I was able to keep up entirely with video which I felt was impossible just a month ago.

After the Max Cardio workout the instructions call for another workout in the same day. Insane Abs is a twenty more minutes of working out but completely dedicated to your abs. There are more than fifteen variations on standard crunches plus lots of core stability and plank work. This workout won't knock the wind out of you instead you'll wake up the next morning feeling like someone just punched you in the stomach. Even though I've been at this now for 59 days I still feel that pain after this workout.

Blog # 3

Day 60- The Final Fit Test

This is the same workout as the very first one. It is designed to show how much you improved by comparing your results from Day 1 to Day 60. There are a series of seven different

heart racing moves each lasting a minute. The goal is to see how many more reps you can do before completely dying out. My results are as follows :

Day 1

Weight: 175

Body Fat %: 17

Squat Jacks-30

Knee Raises- 25

Box Jumps- 13

Plank Push-ups- 10

Plank Knee-ups- 15

Round-The-World- 4

Burpee- 5

Day 60

Weight: 155

Body Fat %: 12

Squat Jacks-80

Knee Raises- 65

Box Jumps- 25

Plank Push-ups- 30

Plank Knee-ups- 45

Round-The-World- 10

Burpee- 15

My conclusion... This workout is INSANE! And it works. I feel better, I look better and my heart is stronger. Because of its intensity it truly is not for everyone but for those looking for challenges beyond anything they may have done before this is the video to get. You don't have to keep up all the time every time but as the days progress you will get better and better and that alone is a great feeling.