

Forum:[Hack Forums](#)

Thread: [Starting the Insanity Workout.](#)

Arrakis - July 1, 2012, 1:39 pm

This is going to be an ongoing thread since I will be ing with before after and half way pictures. Basically I have been letting myself get really out of shape and part of being a lifeguard is being physically sound. So me and two of my other fellow guards (one who is a certified personal trainer) are going to be starting the Insanity workout program tomorrow. Wish me luck!

Before pics (Day 1 after the Fit Test)

No face shots, but you get a sexy back shot, and before your ask no you haven't seen me in any amature porn movies.

Front

Spoiler ([Click to View](#))

[IMG]<http://i1183.photobucket.com/albums/x463/BrooklynThatguy/2012-07-02070714.jpg>[/IMG]

Side

Spoiler ([Click to View](#))

[IMG]<http://i1183.photobucket.com/albums/x463/BrooklynThatguy/2012-07-02070624.jpg>[/IMG]

Back

Spoiler ([Click to View](#))

[IMG]<http://i1183.photobucket.com/albums/x463/BrooklynThatguy/2012-07-02070635.jpg>[/IMG]

Please keep all rude comments to yourself.**

Toast and Bacon - July 1, 2012, 1:42 pm

How much you payed for this workout ?

Satisfaction - July 1, 2012, 2:10 pm

Good luck with your workout plan, I plan on doing the same thing over the summer. ?

Arrakis - July 1, 2012, 2:34 pm

(Jul 1, 2012 01:42 PM)Toast and Bacon Wrote: [\[CITE\]](#) How much you payed for this workout ?
I got it new for \$100 (normally \$150) from a guy I know who sells this kind of stuff.

EDIT:

Will post Day 1 pics Tomorrow, Day 30 pics August 1, and Day 60 pics October 1.

CoLiIN - July 1, 2012, 9:14 pm

I did the entire insanity workout before because of my sports teams, its so challenging at first but then you get used to it (well it might be different for me because i have practice daily). Anyhow

goodluck man! You will feel a lot better after!

Aristocrat™ - July 1, 2012, 9:19 pm

I started p90x not too long ago and I'm loving it! I hear if you do insanity and p90x together you get amazing results so I was thinking about trying that

phybe? - July 1, 2012, 9:19 pm

(Jul 1, 2012 01:39 PM)Canaan Wrote: [CITE](#) This is going to be an ongoing thread since I will be ing with

before after and half way pictures. Basically I have been letting myself get really out of shape and part of being a lifeguard is being physically sound. So me and two of my other fellow guards (one who is a certified personal trainer) are going to be starting the Insanity workout program tomorrow. Wish me luck!

That's a real coincidence because today is also when I'm starting it :D

Best of luck to you as well!

John. - July 1, 2012, 10:44 pm

I'm planning on doing this as well during the summer ?

Bandors Jr. - July 2, 2012, 12:00 am

Good luck with the first and second day :)

First day you will be out of your mind exhausted, 2nd day you will be feeling it. :D

Ders - July 2, 2012, 12:38 am

I started Insanity a while ago, definitely need to pick it up again. It is a great workout program.

~Para - July 2, 2012, 12:41 am

I was watching an infomercial of this for like two hours today lol

Stev - July 2, 2012, 3:43 am

Nice man, I am going to do some of this, this summer, as well.

Arrakis - July 2, 2012, 4:34 am

Thanks for all the supportive comments, just finished the Fit test a little while ago. So far I'm on track!

Hovi - July 2, 2012, 10:32 pm

I go through and do the pure cardio when I want a solid workout. Best of luck to you man, Insanity is a blast.

Rolls Royce - July 2, 2012, 10:36 pm

"No face shots, but you get a sexy back shot, and before your ask no you haven't seen me in any amature porn movies."

Does that mean your in professional porn movies?

Dr. J Rustler - July 3, 2012, 1:33 am

I'm considering doing it. I'm not sure if I should because idk if i'd be committed enough to do it everyday for 60(?) days

Arrakis - July 3, 2012, 5:17 am

(Jul 2, 2012 10:36 PM)Rolls Royce Wrote: [\[CITE\]](#) "No face shots, but you get a sexy back shot, and before your ask no you haven't seen me in any amature porn movies."

Does that mean your in professional porn movies?
This made had me rolling xD.

On Day 2 so far the Plyometrics Cardio Circuit is hard I was laying in a pool of my own sweat.

A N D R E W - July 3, 2012, 5:39 am

(Jul 1, 2012 01:39 PM)Canaan Wrote: [\[CITE\]](#) This is going to be an ongoing thread since I will be ing with

before after and half way pictures. Basically I have been letting myself get really out of shape and part of being a lifeguard is being physically sound. So me and two of my other fellow guards (one who is a certified personal trainer) are going to be starting the Insanity workout program tomorrow. Wish me luck!

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[IMG]<http://i1183.photobucket.com/albums/x463/BrooklynThatguy/2012-07-02070635.jpg>[/IMG]

Please keep all rude comments to yourself.**

Would you like a partner on your journey? I'm not fat but I can get better Abs and more muscle you know :)

phybe? - July 3, 2012, 7:57 am

(Jul 3, 2012 05:17 AM)Canaan Wrote: [\[CITE\]](#) This made had me rolling xD.

On Day 2 so far the Plyometrics Cardio Circuit is hard I was laying in a pool of my own sweat.

Just did the circuit as well and damn it was pretty tough but hard work does pay off.

Arrakis - July 3, 2012, 3:07 pm

(Jul 3, 2012 07:57 AM)phybe? Wrote: [\[CITE\]](#) Just did the circuit as well and damn it was pretty tough but hard work does pay off.

Lol sweet, I'm assuming your on Day 2 as well? If so were going to

finish the same day which would be epic lol.

phybe? - July 3, 2012, 3:30 pm

(Jul 3, 2012 03:07 PM)Canaan Wrote: [\[CITE\]](#) Lol sweet, I'm assuming your on Day 2 as well? If so were going to

finish the same day which would be epic lol.

Yeah I'm on Day 2 too :D And yeah it's quite a coincidence we started at the same time. It's insanity!!

John. - July 3, 2012, 5:06 pm

I'm going to start P90X tomorrow.

I've heard it's fucking amazing.

My cousin did the full 3 months and he went from shit to RIPPED I mean it, he could do anything and everything physically.

Was amazing to me.

I've DL'd the whole 50 GB of all the movies. I'm starting it tomorrow, maybe tonight :)

Inactive - July 3, 2012, 7:59 pm

Aha, I legit just got insanity, going to start it tomorrow :)

-Buck- - July 3, 2012, 8:21 pm

Good luck with it! I've heard decent things about it and you'll be able to get the life guard physique back again

DvS - July 3, 2012, 9:55 pm

Started insanity 1 month ago, I am on recovery week, I'll tell you right now, for Month 1 Pure Cardio is your hardest workout. I've had amazing results, month 2 is going to be ROUGH though.

Arrakis - July 4, 2012, 11:00 am

Finished Day 3! Tomorrow is Cardio recovery then Friday is Pure Cardio! Can't wait to throw up!

phybe? - July 4, 2012, 11:13 am

(Jul 4, 2012 11:00 AM)Canaan Wrote: [\[CITE\]](#) Finished Day 3! Tomorrow is Cardio recovery then Friday is Pure Cardio! Can't wait to throw up!

Same here! (not the throw up part lol)

It's real tough but we can do it! I always look forward to the last like 5 minutes so we can just stretch haha.

Boxy Brown - July 4, 2012, 11:24 am

I have insanity, but have not started it. I'm in as good of shape as you are, so maybe I'll do it with yall. :D

Rouge Status - July 4, 2012, 1:17 pm

Keep it up OP and Phyber. Don't give up! you're making a life changing decision right now, you'll thank yourself later when you finish the program.

Fewzy - July 4, 2012, 2:06 pm

Cant believe you paid for this... Im downloading it from IPTorrents.

SIM-55193 - July 4, 2012, 2:48 pm

I have "GSP rushfit" haven't started it yet.

Arrakis - July 4, 2012, 8:07 pm

(Jul 4, 2012 02:06 PM)Josh. Wrote: [\[CITE\]](#) Cant believe you paid for this... Im downloading it from IPTorrents.

Could I torrent this? Yes in a heartbeat, can I afford to pay for it? Yes.

The idea is not that I could get it for free, its that I saw this as a program which I would invest in.

You don't need to torrent everything, that's why there's money.

Can't wait to finish up Day 4 tomorrow!

Rhizoid - July 4, 2012, 10:41 pm

Here's my insanity workout that I do almost every day.

Help out a lawn care company 4+ hrs each day in the 100+ degree weather doing hard manual labor.

Good luck to everyone getting off there butts here and there :)

Amazing One - July 5, 2012, 12:03 am

I wish you good luck, and I also hope the results will turn out good if you payed \$100 :)

phybe? - July 5, 2012, 6:29 am

I'm about to start day 4- Cardio Recovery.

Here I go!

Arrakis - July 5, 2012, 7:03 am

(Jul 5, 2012 06:29 AM)phybe? Wrote: [\[CITE\]](#) I'm about to start day 4- Cardio Recovery.

Here I go!

Lets get to it! Tomorrows going to be even better!

phybe? - July 5, 2012, 12:17 pm

(Jul 5, 2012 07:03 AM)Canaan Wrote: [\[CITE\]](#) Lets get to it! Tomorrows going to be even better!

Just finished the recovery and I must say it was very relaxing. Some of the stretches BURNED though when you held them for a long time. All in all, it was a nice session.

I'm scared for tomorrow though ?

2pac-G - July 5, 2012, 12:22 pm

Im also doing insanity , i made 1 week of it , but i havent done it for about 6 days since its so tiring , im trying to buy some protein shakes since my parents dont do much healthy foods ... and since they make such fatass food i dont eat it and i keep some hungry hence why i cant make the workout ...

A N D R E W - July 5, 2012, 6:00 pm

Im on day 3 O god its hard very fucking hard :) But Im Ripped already I want to see what I can do after i finish it :D

phybe? - July 6, 2012, 7:39 pm

Just finished the "Pure Cardio" work out and holy crap, that was tough.

Arrakis - July 6, 2012, 8:01 pm

Pure Cardio is hell on earth, but it'll be worth it!

bandors - July 7, 2012, 12:09 am

Good luck my friend, your going to need it :p

Sorun - July 7, 2012, 12:24 am

Little muscle mass you definitely need to bulk after you're done cutting. Remember it's not the routine that will get you cut it's your diet. Keep calories below your bodies maintenance and you should start to see some muscle definition, well probably only abs which is probably all your after though your chest seems like it could come out pretty good when your done with the cut. Since i'm talking about your chest I wanted to mention that you look like you could have gyno. Does your chest ever feel itchy or sometimes it gets really puffy? Just wondering haha because gyno is a terrible physique killer in the long run and should get checked up on as soon as possible.

Well anyway when your done with your cut and if your not already happy with how your body is feel free to PM regarding bulking. I definitely think that you need some size in your traps and lats.

Good luck

DvS - July 7, 2012, 1:14 am

I'm officially starting Month 2 tomorrow, ugh, well it'll be worth it.

#Rossey - July 7, 2012, 4:36 am

Where can I get these workouts? I usually do chest tris back bis shoulders and legs alternative days with cardio in between.

Where can I get these workouts? Thanks

FakeID - July 7, 2012, 8:14 am

Can't wait to see the results, I really need some motivation to start working out. Got out of shape aswell :/

Also, is that, by any chance an LG Optimus 2X that you used to take a pic of yourself? :D

Arrakis - July 7, 2012, 9:11 am

(Jul 7, 2012 08:14 AM)FuzzyMuffin Wrote: [\[CITE\]](#) Can't wait to see the results, I really need some motivation to start working out. Got out of shape aswell :/

Also, is that, by any chance an LG Optimus 2X that you used to take a pic of yourself? :D

Glad I am helping motivate you, if you have any questions shoot me a PM.

As far as the shots, I used the Samsung infuse 4G.

SIM-55193 - July 7, 2012, 9:40 am

(Jul 7, 2012 04:36 AM)#Rossey Wrote: [\[CITE\]](#) Where can I get these workouts? I usually do chest tris back bis shoulders and legs alternative days with cardio in between.

Where can I get these workouts? Thanks

I got insanity the other day from a torrent site. Didn't feel like spending \$100+ at walmart for it

phybe? - July 7, 2012, 11:33 am

(Jul 7, 2012 04:36 AM)#Rossey Wrote: [\[CITE\]](#) Where can I get these workouts? I usually do chest tris back bis shoulders and legs alternative days with cardio in between.

Where can I get these workouts? Thanks

<http://www.club2302.net/misc/misc%20dl/Beachbody%20Insanity/>

Right click and save as

How I got there:

Type in "intitle:index.of (mp4) insanity" on Google.

DvS - July 7, 2012, 11:49 am

OH MY GOD, I just completed Max Interval Circuit, and it's no joke, it is 3x harder than Cardio Abs.

phybe? - July 7, 2012, 12:00 pm

(Jul 7, 2012 11:49 AM)DvS Wrote: [\[CITE\]](#) OH MY GOD, I just completed Max Interval Circuit, and it's no joke, it is 3x harder than Cardio Abs.

I haven't even reached that far yet, I can only imagine how hard it will get ?

GOOIESC - July 7, 2012, 12:23 pm

ive never been able to stick with these kind of workouts.

i know a guy who did this workout and hes in alot better shape now, gl pushing threw.

Also i think paying for it is better keeps you motivated to make it work because youve invested into it. when i torrented it it was to messy to follow along aswell.

my plan for getting in shape this summer is BMX. i go out everyday for 4-7 hours its insane but i keep with it because its also a passion also cut out some bad eating habits, and being recently prescribed to adderal for my add has significantly lowered my appetite, i littelally only eat to not get headaches now other wise i feel like i ate to much. GL to you and keep with it!

Sorun - July 7, 2012, 2:37 pm

(Jul 7, 2012 12:23 PM)GOOIESC Wrote: [\[CITE\]](#) ive never been able to stick with these kind of workouts.

i know a guy who did this workout and hes in alot better shape now, gl pushing threw.

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Drop calories

It's really that simple to lose weight, the hard part is keeping at it.

SoLong - July 7, 2012, 4:12 pm

I've just downloaded this :P Already did the first video where its like c-sit,planks and jumps :P Pretty easy so far lol.

Arrakis - July 7, 2012, 7:32 pm

(Jul 7, 2012 04:12 PM)Puli1337 Wrote: [\[CITE\]](#) I've just downloaded this :P Already did the first video where its like c-sit,planks and jumps :P Pretty easy so far lol.

Wait till you hit the pure cardio its a bitch lol.

and Max Interval is the worst from what I hear, can't wait to take it on myself!

xion. - July 7, 2012, 10:35 pm

Good luck bro. It will be hard, but you have to stay focused and keep your head up.

Truth - July 7, 2012, 11:23 pm

Perfect time to start bro it kinda looked like u were on your way to man boobs. Cant wait for results
good luck OP

Arrakis - July 8, 2012, 4:32 am

First week done!, 3 more weeks till recovery week, then max interval starts!

Barneyyz™ - July 8, 2012, 9:13 am

>mfw you're a life guard, I always presumed you were ripped.

Aspolale - July 8, 2012, 9:21 am

Lol your a lifeguard ? Shouldn't you already be ripped as hell, one of my best mates who's 15 is a lifeguard and he's ripped as fuck lol.

Anyway good luck and I hope you succeed.

Arrakis - July 8, 2012, 9:43 am

(Jul 8, 2012 09:21 AM)Aspolale Wrote: [\[CITE\]](#) Lol your a lifeguard ? Shouldn't you already be ripped as hell, one of my best mates who's 15 is a lifeguard and he's ripped as fuck lol.

Anyway good luck and I hope you succeed.

(Jul 8, 2012 09:13 AM)Barneyyz™ Wrote: [\[CITE\]](#) >mfw you're a life guard, I always presumed you were ripped.

Lol, being a lifeguard doesn't mean I have to be ripped.

I know one guard who weighs in at 270 and he can swim better and faster than me. lol

Barneyyz™ - July 8, 2012, 10:48 am

(Jul 8, 2012 09:43 AM)Canaan Wrote: [\[CITE\]](#) Lol, being a lifeguard doesn't mean I have to be ripped.

I know one guard who weighs in at 270 and he can swim better and faster than me. lol

Tell that to the childhoods you have just killed.

Spoiler ([Click to View](#))

[img]http://images3.wikia.nocookie.net/__cb20120526015136/spongebob/images/thumb/e/e7/Larry_the_Lobster.png/373px-Larry_the_Lobster.png[/img]

Arrakis - July 8, 2012, 8:09 pm

(Jul 8, 2012 10:48 AM)Barneyyz™ Wrote: [\[CITE\]](#) Tell that to the childhoods you have just killed.

Spoiler ([Click to View](#))

[img]http://images3.wikia.nocookie.net/__cb20120526015136/spongebob/images/thumb/e/e7/Larry_the_Lobster.png/373px-Larry_the_Lobster.png[/img]

Larry was a roid head and heroine addict, and everybody knew. ?

DvS - July 8, 2012, 10:00 pm

Alright, just finished the Max Interval Plyo, and wow, if this makes month 1 seem like nothing - ____ - level 3 drills, 16 pushups, 16 plank runs, wash rinse repeat

Øqueen - July 8, 2012, 10:46 pm

Good luck with this.

I've heard the workout is extremely hard.

Arrakis - July 9, 2012, 4:30 am

Just finished Day 1 of the Second week!, thanks for all the support guys!

orangemist - July 9, 2012, 5:01 am

Canaan can you notice any results yet? :) I am so tempted to do this program,

Arrakis - July 10, 2012, 4:10 am

Just finished Day 2 of Week 2, pure cardio rocks!

orangemist - July 10, 2012, 9:42 am

Anyone finished p90x yet ? I think I'll be starting that once I finish insanity.

Arrakis - July 12, 2012, 4:14 am

(Jul 10, 2012 09:42 AM)orangemist Wrote: [\[CITE\]](#) Anyone finished p90x yet ? I think I'll be starting that once I finish insanity.

I plan to if I can find a good place to setup all the equipment.

Buzzle - July 12, 2012, 5:45 am

;o Are you updating your post like after more progress? =P That would actually be pretty cool to see ;o.

Arrakis - July 12, 2012, 6:31 am

(Jul 12, 2012 05:45 AM)Buzzle Wrote: [\[CITE\]](#) ;o Are you updating your post like after more progress? =P That would actually be pretty cool to see ;o.

I plan to post updates at Day 30 and 60

Sine - July 12, 2012, 8:06 am

(Jul 10, 2012 09:42 AM)orangemist Wrote: [\[CITE\]](#) Anyone finished p90x yet ? I think I'll be starting that once I finish insanity.

I think I will do the same.

First Insanity to burn the fat

and then P90X to build muscle mass.

It sounds like a great combo

phybe? - July 12, 2012, 1:49 pm

(Jul 10, 2012 09:42 AM)orangemist Wrote: [\[CITE\]](#) Anyone finished p90x yet ? I think I'll be starting that once I finish insanity.

That is my exact plan as well. Do you need tons of equipment for p90x?

Arrakis - July 16, 2012, 4:20 am

(Jul 12, 2012 01:49 PM)phybe? Wrote: [\[CITE\]](#) That is my exact plan as well. Do you need tons of equipment for p90x?

You need some basic stuff, free weights, pull up bar, ect.

It's quite a bit to pay for additional to the workout if you don't have the stuff already.

Just Finished The Day 15 Fit test! I've already begun to really improve!

Makaveli. - July 16, 2012, 11:45 am

I can't wait to follow this and see how you progress, looks great!

phybe? - July 16, 2012, 4:48 pm

(Jul 16, 2012 04:20 AM)Canaan Wrote: [\[CITE\]](#) You need some basic stuff, free weights, pull up bar, ect.

It's quite a bit to pay for additional to the workout if you don't have the stuff already.

Just Finished The Day 15 Fit test! I've already begun to really improve!

Ah alright and I just finished it in the morning too. It seemed much easier this time around!

Bluntmeh - July 16, 2012, 6:22 pm

You're not fat to be honest... If I were you I would just do some simple pushups and sit ups .

Arrakis - July 17, 2012, 4:40 am

(Jul 16, 2012 06:22 PM)kLiNK Wrote: [\[CITE\]](#) You're not fat to be honest... If I were you I would just do some simple pushups and sit ups .

Thank-you very much, I started with push ups and sit ups, but I want to take it to the next level!

Thanks for all the support guys and good luck to my partners here who are also doing either insanity or P90X.

Finished The Plyo Circuit today, think I sweat 10x more than the first 15 days! I LOVE THE BURN OF SWEAT IN MY EYES!

?mnipotent - July 17, 2012, 1:39 pm

Good luck! I am starting next Monday! I can't wait!

Arrakis - July 17, 2012, 7:18 pm

(Jul 17, 2012 01:39 PM)?mnipotent Wrote: [\[CITE\]](#) Good luck! I am starting next Monday! I can't wait! Just remember, stick with it! You get out of this what you put in, so give it your all!

Blogger - July 18, 2012, 2:33 am

Good luck! I'm interested in seeing the results after seeing that other guy losing all his weight.

"Rainy. - July 18, 2012, 2:39 am

Nice, stick with the workout plan and you will look great.

Good luck.

Arrakis - July 18, 2012, 4:48 am

Lol I know I keep saying thanks, but I never imagined I'd get this much support from the community! This really shows a better side to HF that isn't always noticed!

BlowFish. - July 18, 2012, 12:32 pm

Good luck buddy!

Post some news/updates.

Blogger - July 18, 2012, 1:22 pm

(Jul 18, 2012 04:48 AM)Canaan Wrote: [\[CITE\]](#) Lol I know I keep saying thanks, but I never imagined I'd get this much support from the community! This really shows a better side to HF that isn't always noticed!Well you're in the V.I.P. forums, away from most of the idiots.

Barneyyz™ - July 18, 2012, 4:35 pm

Excuse me Mr Lifeguard jew,

please update pics.

Blogger - July 18, 2012, 4:46 pm

He said he'll do that on August first.

DvS - July 18, 2012, 5:27 pm

Just want to point out I'm doing Insanity month 2 along with another workout, the other workout is kinda tacky and cheesy though lol.

Blogger - July 18, 2012, 5:35 pm

(Jul 18, 2012 05:27 PM)DvS Wrote: [\[CITE\]](#) Just want to point out I'm doing Insanity month 2 along with another workout, the other workout is kinda tacky and cheesy though lol.
Just curious but is it Hip Hop Abs? lol

humangraffiti - July 18, 2012, 5:50 pm

try RUSHFIT AFTER THIS. i have it downloaded and planning on doing it soon

Pred?tor - July 18, 2012, 6:41 pm

I couldn't stick with it :(On day 3 I was SO sore and I couldn't even walk right let alone do the work out. I need to push myself harder. Might start again next monday.

phybe? - July 18, 2012, 7:44 pm

(Jul 18, 2012 06:41 PM)PredatorFtFw Wrote: [\[CITE\]](#) I couldn't stick with it :(On day 3 I was SO sore and I couldn't even walk right let alone do the work out. I need to push myself harder. Might start again next monday.

Just keep on pushing man. I've been at it for just a little over 2 weeks now and I was the same way the first couple of days but once you really start stretching, you become less sore everyday. At this point, I don't even feel sore.

-TheOmen- - July 18, 2012, 10:06 pm

(Jul 18, 2012 06:41 PM)PredatorFtFw Wrote: [\[CITE\]](#) I couldn't stick with it :(On day 3 I was SO sore and I couldn't even walk right let alone do the work out. I need to push myself harder. Might start again next monday. Never quit man, just keep pushing and you will see results.

DvS - July 18, 2012, 11:33 pm

(Jul 18, 2012 05:35 PM)Jerlene Wrote: [\[CITE\]](#) Just curious but is it Hip Hop Abs? lol
NO OF COURSE NOT. ?
Yes it is ?

Arrakis - July 19, 2012, 12:37 pm

(Jul 18, 2012 06:41 PM)PredatorFtFw Wrote: [\[CITE\]](#) I couldn't stick with it :(On day 3 I was SO sore and I couldn't even walk right let alone do the work out. I need to push myself harder. Might start again next monday.

Don't worry man, like stated before the soreness doesn't last. As long as you push through and make sure to try and stretch a little further each day you'll not even feel sore after the end of the first week.

I will say don't overstretch, try and go a bit further each day, but not to a point of danger to yourself.

DvS - July 19, 2012, 2:37 pm

(Jul 18, 2012 06:41 PM)PredatorFtFw Wrote: [\[CITE\]](#) I couldn't stick with it :(On day 3 I was SO sore and I couldn't even walk right let alone do the work out. I need to push myself harder. Might start again next monday.

Exactly how I felt, this is because you haven't worked out in so long. I just kept doing Insanity even if I was sore, hell even just giving 60% is better than nothing, don't give up man!

Pred?tor - July 19, 2012, 5:47 pm

I already quit. It was like ... a few weeks ago. I'll start again on monday. PLUS with marching band coming up and school since I took some advanced PE class (Weights was full :()

?FWGKTA - July 20, 2012, 10:11 am

I might start this, I'll wait to see some results first though. :-)

Jae? - July 20, 2012, 10:59 am

I see so many infomercials on this at about 2am.

It's so annoying.

Good luck anyway, it will be hard work.

Kamizuki - July 20, 2012, 1:57 pm

Good luck with the work out. Looks like it will help.

Noble - July 20, 2012, 5:02 pm

I want to start this, I am a little fit, I just have a small pop belly lol and short stamina, my arms is a little rip because I do pushups, but I am going to do this

Arrakis - July 20, 2012, 6:53 pm

glad too see that this thread is helping inspire some of you! I know it has really inspired me!

Keep on pushing guys! You gotta be in it to win it!

Ab\$olute Money - July 21, 2012, 6:49 pm

Canaan have you seen any results so far?

mradio - July 21, 2012, 9:46 pm

That workout isn't working your fat

Arrakis - July 22, 2012, 3:16 pm

(Jul 21, 2012 09:46 PM)mradio Wrote: [\[CITE\]](#) That workout isn't working your fat

That's funny, because I've already lost 11lb in the past few weeks and can already see my gut disappearing.

Starting Week 4 Tomorrow! Good luck insanity buddies who are also doing it!

iPhone - July 22, 2012, 3:32 pm

Nice my biceps are like that but it's cut and a little bigger and I'm still working on it.

Arrakis - July 24, 2012, 4:38 am

Stated week 4 yesterday, Almost halfway done!

Blogger - August 15, 2012, 9:48 pm

Where are the picture updates? I'm curious!

Foyet - August 16, 2012, 3:38 am

Where can I get the Insanity workout? I need to start working out myself...

Irrl - August 16, 2012, 3:54 am

What does this involve? It seems pretty intense.

Erudite - August 16, 2012, 7:48 am

Good luck I'm sure you can tone up! I would definitely try and lose the excess fat around your chest area not good for your health and it isn't aesthetically pleasing (This is a sincere comment don't take it in jest please!)

GreenLee - August 21, 2012, 8:51 pm

We wanna see the results :) come paste some pics

Arrakis - August 22, 2012, 11:00 am

Sorry for the late pics guys, will post up Day 30 tomorrow!

Blogger - August 22, 2012, 6:23 pm

Yay! I've been waiting for forever. I want to see what all the talk about this Insanity workout is all about.

Adnooka - August 23, 2012, 4:02 pm

Congratulations on having the motivation to push yourself through this. I am about to finish up my second round of it and it is the best program I have ever done.

Enjoy your results when you get there!

Shadowking9830 - August 23, 2012, 4:07 pm

I wanna see your results already lol. Hope your doing good!

Hitmaster - August 29, 2012, 3:45 pm

Please post results. I want to know if this really works.

Blogger - August 29, 2012, 3:51 pm

Aww, sad to see you banned. Really wanted to see those results.

Rolls Royce - August 29, 2012, 4:24 pm

Gets banned right before we could see day 30...

GreenLee - September 2, 2012, 12:06 am

Waaaa we are still waiting for your results mate :/ u dissapointed us!