

Make The Most Of Your Workout

Your Best Results Quickly!

What You MUST Know Before Buying &
Starting A New Home Based Workout.

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If you are reading this, then it tells me two things. One you have been on our site FitDadChris.com and two you are looking into one of the workouts we have reviewed.

Make The Most Of Your Workout

Right off the bat... any of the workouts we talk about on our site will get you results! Simple as that... The real question is what results are you looking for, what kind of time do you have, and how much money do you want to spend?

Quick Overview of FitDadChris

- Basically we originally created TheFitDads.com which was started by Chris, Mike, and Ken. It was a site created to help us motivate each other and help motivate friends, family, and people who stumble across the site.
- We decided that being in shape, having energy, and taking care of our health is one of the best things we can do for our family and we hope we can help you do the same.

If you are a dad then you know how tough it can be to get in a workout or get to the gym etc... You also know how those late night baby feedings can leave you exhausted.

We needed workouts that could be done in a reasonable time frame and get us the best results possible.

So with that in mind we have done workouts like Insanity, P90X, P90X2, Les Mills Combat, Asylum 2, and Body Beast to see what they really have to offer. They offer a lot.

Note: You can read our full reviews here. We only review workouts we have actually done. More coming as well ;-)

<http://fitdadchris.com/home-workouts/>

- [Insanity Workout Review](#)
- [P90X Review](#)
- [P90X2 Review](#)
- [Shakeology Review](#)

We are always trying new workouts, new supplements to see what works and how it works.

We have learned a few things along the way and those are the strengths & weaknesses about these workouts and we won't hold any punches here.

Find your workout...Read on...

What You Need To Hear

Make The Most Of Your Workout

We are focusing on 3 major questions we get from friends, family, and visitors to the site.

1. **What is your goal?** In the end this is probably the most important one. All these programs promise results of building muscle and burning fat, but in reality some do it better than others.
2. **Where are you now?** What is your current fitness level? If you walk up stairs are you huffing and puffing? When is the last time you had sweat dripping off your forehead? When you see the commercials for P90X, Insanity, etc... you are told it is hard, but you don't really learn about alternatives. They also don't tell you a lot of the common problems that most people will face. Why would they? They are all great products, but that would probably hurt sales. Learn from our experiences to avoid mistakes and get the most out of any workout!
3. **Budget!** How much are you looking to spend?

The one thing we have learned is that there is not a one size fits all solution.

Let's get rocking and rolling!

Make The Most Of Your Workout

Your #1 Consideration What Is Your Goal?

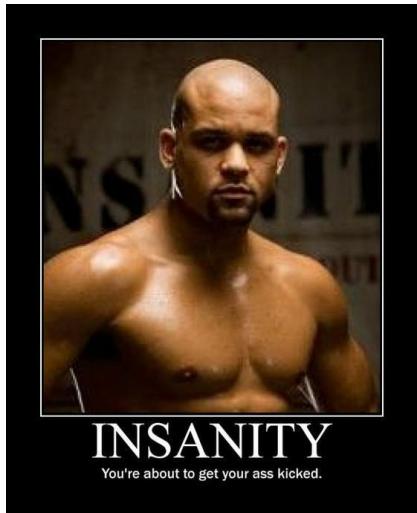
Like any situation you get yourself into, what is the end game you are looking for? How do you want to look? Are you looking to bulk up or do you want to lose fat as fast as you can?

Think about the body type you desire. I will tell you this, if you want a huge jacked up bodybuilder look, none of these programs will get you there.... although Body Beast will lay a good foundation.

If there is one thing to realize about these workouts is that while it is possible to burn fat and build muscles at the same time certain programs do it better than others.

Here we go...

Best Programs for Fat Loss



If you are looking to turn your body into a fat burning inferno then you have to check out [Insanity!](#) This program is made to get you burning fat and getting toned. You will get stronger, but you will not build huge strength with this workout.

There are no weights involved. All you need is your body, a good pair of cross trainers, water bottle, and a towel to wipe out the dripping sweat that will be pouring out of you!

Insanity is a 60 day program. If you are looking to lean out quickly this is the program for you!

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Best Program for Building Muscle



If you want to build muscle there are a few programs that will do that for sure. For most people who are really looking to build some muscle, lose fat, and get stronger I tell them go for [P90X](#). P90X has it all, you are lifting weights, doing cardio moves, some yoga, and you are doing a lot of pull-ups and chin ups.

"Don't worry there are variations built in"

P90X is a 90 day workout. There is also [P90X2](#) as well as [Body Beast](#). I am in the middle of P90X2 as we speak and it is a pretty intense workout. If you are in good shape and looking for something to give you an edge then give P90X2 a chance. Talk about building a strong core! Body Beast is intense. The things we hear from people are things like... wow I puked after the first two workouts, or I could not lift my arms. Now that is a good workout.

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Consideration #2

Where Are You At With Your Fitness Level?



Like the question asks... what is your current fitness level? All the programs we talked about here are pretty damn intense and that is why they work. If you are super unfit and looking for a “quick fix” then these programs are probably not for you... right now.

You did notice I said “**right now**” right? If you are way out of shape I do have some good news. Most of the workouts do have modifications in them so they are not as intense. You can also take breaks... push the pause button. Heck even now when I do Insanity I will sometimes stop... count 10-15 seconds then get back into it. We all need breaks.

If you are uncertain about the above workouts you can take a look here.... [Compare Beachbody Workouts](#) this will lay out all the available Beachbody Workouts. I have not done all of them, but would recommend them for sure since I have never had a Beachbody workout that was not quality. If you are a true beginner your best bet might be the Power 90 workout. In fact that was the first workout I did back in 2001.

At the end of the day you could tackle all the workouts, it just might take you a bit longer to get in the groove. Here is a sample workout below you can follow for a few weeks, that will get you better prepared for any of the above workouts.

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Make The Most Of Your Workout

Do this for a week or two.

- Air Squats x10
- Push Ups x10
- Lunges x10
- Crunches x10
- Lunges x10
- Burpees x10

I would say try doing that for 3 sets... so you do all the moves in a row 10 times each for 3 times. You can google each move to see what they are.

If you were to do this 2 or 3 times a week for 1-2 weeks it would at least get you a bit more geared up and maybe help with a bit less soreness.

Speaking of Soreness

Here is the deal... you are going to get sore. No doubt about it. I still remember the first day after I did Insanity when I just about fell over when I stepped out of my bed. For most people you are going to have to battle it out for about 2-3 weeks before the intense soreness stops. The great thing is that soreness is **CHANGE!** It is your body adapting and change is coming! Sure you will get sore again, but never as much in those first few weeks.

Most of the workouts do touch on a good recovery workout so make sure you never skip a recovery workout. It is not all about beating up your body, you need to take the time to recover and rest as well. Over the next few weeks I will try to send out some great info on recovery and what to do. Out of all the workouts I have done P90X2 has the best recovery workout.

The biggest take away is nutrition and rest. Make sure you are eating healthy, taking supplements like Shakeology and get a good 7-8 hours of sleep every night.

I will be sending out some great info on nutrition as well. Remember Abs are made in the kitchen! You are what you eat!

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Joint Health & Issues

The one thing you will never here is that some of the workouts might be tough on your joints. I would say [Insanity](#) is the toughest on your joints since you are doing a lot of jumping and bouncing around. I had no issues with joint pain, but there were a few moves that did not agree with me so what did I do...

1. **Modification to the Max!** You cannot be afraid to modify a move. For instance with Insanity the Power Jumps really hurt my hip joint so I would just jump straight in the air. I was still moving and getting my heart rate up. I didn't just stop because I could not do it. Insanity does not give you modifications the other workouts do so if you do have some joint issues you might be better off with [P90X](#), [P90X2](#), or [Body Beast](#)
2. **You must FOCUS on FORM** – With all the workouts there will be a learning curve when you first start. Remember you have a pause button and you can go back if a move does not feel right. Focus on the form and get that down before you go for speed. There is no sense in using bad form and getting hurt. I will usually watch the DVD's a bit and skip through them to get an overview before I start a workout for the first time.
3. **You have to know your limitations** – You will pick up a lot of one liners in both [Insanity](#) & [P90X](#). Take it from Tony though... "***Do your best & forget the rest***" Don't get frustrated if you cannot keep up with the people on the DVD's. They have done the workouts and know what is going on. Do your best and you will see results!

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Consideration # 3

What Is Your Budget?



How much are you willing to spend on a workout? I like to look at it this way. What does a gym membership cost you? What would it cost you to get a personal trainer to show you these routines. I think we could all agree it could easily cost you \$1000's of dollars with gym and trainer fees.

Here is a breakdown of the following programs. You can also pay in 3 separate payments...

- [P90X](#) - \$119.85 + Tax/Shipping – Total = \$141.73
- [P90X2](#) - \$119.85 + Tax/Shipping – Total = \$141.73
- [Insanity](#) - \$119.85 + Tax/Shipping – Total = \$141.73
- [Les Mills Combat](#) - \$59.85 + Tax/Shipping – Total = \$72.19
- [Body Beast](#) - \$89.95 + Tax/Shipping – Total = \$106.25
- [Asylum 2](#) - \$59.85 + Tax/Shipping – Total = \$72.19

Hidden Costs?

- Just know if you do decided to get P90X or Body Beast you will need some other equipment like weights, resistance bands and a pull up bar if you choose so. For Les Mills Combat you just need a few dumbbells and for Insanity you just need yourself.

Look Below & I Will Show You How To Save The Most \$\$\$ Possible.

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Saving Money On Beachbody Products

There are a few ways you can save money on Beachbody Products.

Challenge Packs - If you just want to get in and go then a Challenge Pack is your best option. Again go click this link... [Compare Beachbody Challenge Packs](#)

- You can compare all the workouts and save about \$50 - \$100 depending on the workout you choose. You will also get [Shakeology](#) which is a great meal replacement which will help you with your nutrition goals.

Club Membership – Save 10% On All Purchases

- By becoming a Club Member you can save 10% on all purchases and you get personalized meal plans for your goals, VIP access to your favorite trainers and Beachbody experts including live video chats.
- Club Membership is billed [**\\$38.87 quarterly**](#)

Become a Beachbody Coach – Save 25% On All Purchases

- At TheFitDads we are all coaches and we all save 25% on our workouts and our monthly Shakeology orders plus anything else we order. Being a coach really is the best bang for your buck. You not only save money on workouts and supplements, but when someone asks you how you got in great shape you can send them to your Beachbody Site and sell them a workout or a supplement. You make 25% off of any sales. So a sale of P90X or Insanity would earn you \$30 and if you sold Shakeology which is typically a monthly purchase you could make \$30 a month off one customer. See how that can add up? You can read all about being a coach here <http://fitdadchris.com/become-a-beachbody-coach/>
- **Costs ?** – To become a coach there is a one-time \$39.95 sign-up fee which gets you your business starter kit. This fee is waived if you purchase a Challenge Pack on sign up. Well worth it in my opinion. There is also a \$15.95 a month Coach Fee. This gets you access to your back office as well as 3 of your own websites to promote with.

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Conclusion

I hope this info has been helpful. I tried to take the knowledge we have gained from doing the workouts and give you some tips to help get you started and even save a few dollars. All these programs will work if you put in the time and do one simple thing....
DO THEM!

Will it be tough? **YES!**

Will it be worth it? **DOUBLE YES!**

You can search the web for hours and find success story after success story about how these programs worked and continue to change people's lives. All these programs come with a **100% Money Back Guarantee** so the only thing you have to lose is those extra pounds ;-)



All The Best

Fit Dad Chris

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<http://fitdadchris.com/>