

## **New Shaun T Insanity Workout Offers Intense Routines and 60-Day Results for Optimal Fitness**

*Top pick fitness site, Extreme Home Workout, is offering the new Shaun T Insanity 10-DVD program which provides advanced fitness regimens that promise ultra-quick results.*

**June 10, 2009** - [PRLog](#) -- MAPLE VALLEY, WA – Home fitness superstore, Extreme Home Workout, has decided to add to their already-complete selection of fitness DVDs and gear by offering the new Insanity with Shaun T DVD series. This advanced program by Shaun T offers extreme workout routines which result in a transformed body shape and fitness level.

Brought to you by the creator of such fitness phenomena as Hip Hop Abs, Rockin Body, and Dance Party, this newest addition to the Shaun T programs is sure to please. Requiring only an hour a day, these extreme workouts boast an intensity not found in any other home workout DVD available. In only 60 days, users can experience a total body transformation through the building of lean muscle, the burning of excess fat, and an increase in overall stamina.

An expert in the fitness world, Shaun T holds an undergraduate degree in Sports Medicine with a minor in theater and dance. His real-world experiences and education combine to form a fun, hip, and effective workout every time. Shaun takes his strengths to the next level with Shaun T Insanity (<http://www.extremehomeworkout.com/insanity-with-shaun-t.html>). This innovative program comes with 10 DVDs, separate fitness and nutrition guides, a fitness diary, wall calendar, and motivational CD.

Extreme Home Workout (<http://www.extremehomeworkout.com>) contact Jake Devenz says of the DVDs found on the site: "Our workout DVDs are taught by the world's top fitness experts and personal trainers." The full line of Shaun T series are available for those whose fitness levels are not yet at the advanced level required for the Shaun T Insanity routine. Shaun T recommends starting with one of his other programs first if they are not yet ready for the intensity of his newest series.

This addition comes just in time for swimsuit season, a time revered by those in top shape but dreaded by those who aren't ready to bare their bodies. Though most fitness DVDs can offer results in a fair amount of time, Insanity with Shaun T offers ultra-effective intense interval training for long periods of time with short periods of moderate intensity. This on-again, off-again exercise style is focused on re-shaping and toning the body while burning the most fat and calories in the shortest amount of time.

Jake Devenz of Extreme Home Workout enthuses, "Every product that Shaun T has come out with has brought great success to whoever uses it." And people everywhere agree; Shaun T has created a love of fitness and dance for millions who try his workouts at home. The boredom factor is eliminated with his use of current music, fun moves, and effective exercises. Each workout seems to be better than the next and the new Shaun T Insanity (<http://www.extremehomeworkout.com/insanity-with-shaun-t.h...>) is sure to beat out the rest.

Along with the complete Shaun T series, Extreme Home Workout offers everything fitness related including exercise equipment, cardio enhancing tools, Yoga accessories, and nutritional supplements. Extreme Home Workout is located at 22211 SE 275th PL Maple Valley, WA 98038 and can be contacted by phone at 1-800-995-0972.

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