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Will Challenge You Mentally And Physically. You Should
Expect To Workout 6x A Week. In Between Month 1
And 2, You'll Have A Recovery Week. This Is A Week
For Your Body To Recover And Be Ready To Push
Harder In The 2nd Month. Don't Skip It! Insanity
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Workout (Listapedia.com Review) Are Known For
Jumping Exercises. As A Result, It Tones Your Legs
Very Well. As A Result, It Tones Your Legs Very Well.
Finally, The Back And Glutes Will Be Worked On As The
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