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Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition
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Consists of three different cardio workouts, each with an increased level of intensity, plus a warm-up and a cool-down.
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Insanity Day 1 Fit Test #1 (As I fight to keep my pants up, lol) - Duration: 9:53
You'll have to eat what I tell you, and work out INSANELY hard
Designed by Military Fitness Expert

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Kat H

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