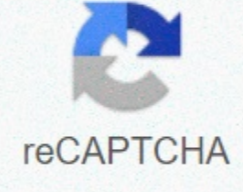




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For the best answers, search on this site for free, let me tell you something, I was filthy poor and lived with my parents at 21, and I ordered a P90X which is an expensive program, not DVDs but equipment, I spent a little money I had on it, and while I was doing it I became a BeachBody trainer to get a 25% discount, also helped others become fit and healthy and make in doing so... Three months later I have my own apartment and I live well... hmmm free, you want free, I spent money well and now work for the company, and I do not regret it. Why can't you spend money on the program? With your results you can enter the beachbody challenge and win the money you spent back. And Insanity is already cheap, and 25% off is better, seriously, the results are not free, and I guess you won't follow the diet... so diet is 80% of your results, do not follow it, you will never get the results you want... Maybe 10-20% of what you wanted. Earlier this year, we introduced Insanity Workout, a challenging fitness program on DVD and a set of discs for our readers. Condition: Test your training and tell us what it has. Marc Dobler won and already described us here on the blog his first impressions . After six weeks of fitness madness with insanity, follow his conclusion. So, 60 days of insanity programs are over and I wonder, where's my washing belly? ☹ he was promised neither in brief instructions nor in the video itself, but the abdominal muscles of participants of both sexes in the videos aroused a certain expectation. Maybe I should have tried all the recipes in the accompanying cookbook? That must have been it! ☺ so the washing belly didn't come out, how about my fitness? Stamina has improved. During the temporary run, I noticed an increase in performance when I sprinkled some intervals during a 10K run. Before those pace kicks did a lot more work for me, now I'm a little more spritziger and I can put on pace or easier to catch up with faster runners. In my upper body, I got a little strength, too. However, the program is not strength training and therefore I need to buy any new shirts. Why run training? Was this part of the program? No, it didn't belong to him. However, since I attended a local running meeting at least once a week before the program, I lacked social contact after about three weeks of madness. Thus, one day of the program became a day of running, that is, five days of madness and a day of running and a day off. I could have run on my day off, but I'm not that crazy about sports. Besides, I was tired almost every day, the program took its toll and the day off was literally what was going after my body. Staying with my body: many jumps from squats - the position of the squad - as well as a few more exercises were not very pleasant for my knees. While driving at a very high pace, I had pain in my knees after completing each exercise. I have no previous illness, the burden was too high. So I had to turn down the pace and I came in some exercises not to repeat my Vortänzer in the videos. In other exercises and overall, the fitness tests recorded clearly show number of repetitions. The initial fear that the program would quickly become boring did not materialise. Although individual DVDs are often repeated, but this was a clean performance of the appropriate exercises. As described in Part 1, I had to control myself as I followed the instructions from the TV. Therefore, it took in the first few weeks to wake up again and look again at some exercises, which of course led to my heart rate sinking again and thus running out opposite to the goal of training. Overall, Insanity Workout was a success. However, I would not repeat it in its entirety. In sports, I like to have other people around me, moreover, in my opinion, the program pays too little attention to preserving joints or intervertebral discs. Despite the foam mat, knee and back jumps were a big burden. Furthermore, I don't want to play sports every day, even if only for one hour. Those 60 days were an experiment and without the public pressure of the blog I would have thrown a shotgun before and I would have gone to indoor hockey again. Still, I'd love to train live with Shaun T. His style appealed to me and his cheerleading as I performed the drills spurred me on, without irritating. Want to try Madnes for free before you buy? Click on the download button below and download the entire madness training for free (just buy it in the future if you like)

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