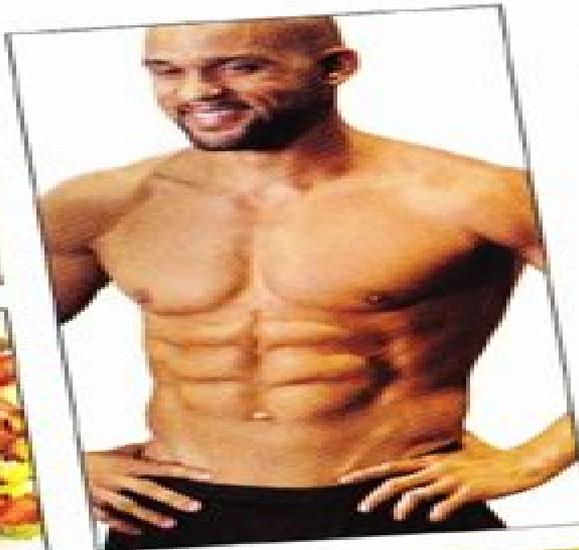


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If you're like most people, you're trying to lose weight. But even if you're engaged in an intense program like **INSANITY™** or **INSANITY: THE ASYLUM™**, you may not lose weight as quickly as you'd like. Shaun talks to customers every day, and says the slow weight loss is usually due to one of two reasons:

1

You start eating more food than you previously were, until you're eating more calories than you're burning.

Insanity Asylum 2 Nutrition Guide

Michael Seilmaier



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