

Insanity Quick Start Guide

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an Insanity Quick Start Guide You will be expected to workout 6 days a week for 35-70 minutes per day, for two months. There are recovery weeks scheduled in where the exercises are less demanding - although when I say less demanding, I mean they are more on a level of a 'normal' hard workout - there's no such thing as rest with Insanity.

Insanity Workout - Weight Loss Resources

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Spell priority, in general, should be Void Bolt > Mind Blast > Mind Flay. If a mob lives for more than 5 seconds, use Shadow Word: Pain. If a mob lives for more than 7 seconds, use Vampiric Touch. Use Void Bolt on cooldown. Mind Sear replaces single target spells at these numbers of targets:

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