

Insanity Nutrition Guide Word Doc

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Insanity Workout Calendar - ReviveLifeFitness 1) Plug in age, height, and weight into the equation. 66 + (6.23 x 195lbs) + (12.7 x 71) ||(6.8 x 35years) 66 + (1215) + (901) ||(238) = 1944 calories. 2) Apply ||activity levell|. So 2420 calories is his basal energy expenditure, that is, his calorie needs for weight maintenance if he were inactive.

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