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Insanity Workout Calendar - ReviveLifeFitness

1) Plug in age, height, and weight into the equation. $66 + (6.23 \times 195\text{lbs}) + (12.7 \times 71) - (6.8 \times 35\text{years})$ $66 + (1215) + (901) - (238) = 1944$ calories.
2) Apply “ activity level ” . So 2420 calories is his basal energy expenditure, that is, his calorie needs for weight maintenance if he were inactive.

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