

[5 WEEK WEIGHT LOSS PLAN](#)



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How to use this free weight loss workout program This is a 95 day weight loss workout program where you go thru 7 phases burning more calories & losing more weight as you move from phase-to-phase & Here's how the 7 weight loss phases are broken up . You can see above that both the workout time & the intensity level of your workout activities will vary as you move from one phase to another

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Gradually begin exercising working your way up to a more intense exercise program by using this free 7-phase 90 day workout plan and in that program ; You start off with 15 minutes minimum per day of activity per day doing very simple activities (like housecleaning) working your way all the up to a point where you'll be doing more intense fast weight loss workouts &

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5 Safe and Effective Ways to Lose Weight Fast wikiHow

Make time for exercise. Exercising might actually make you gain a few pounds of muscle when you first start, but it's an essential component of any long-term, sustainable weight loss plan.

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