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## The Extreme Cycle Meal Planning Tips Heidi Powell

And your rate of weight loss depends on your current body composition, how well you stick to your nutrition program, exercise regularity, intensity and duration, and other factors unique to you, so it s difficult to answer your question. Chris and Heidi recommend a 10% weight loss goal for the first 90 days, so that s a great place to start.

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# **Chris Powell Official Site**

Chris Powell is the trainer and transformation specialist on ABC s highly rated documentary style series Extreme

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