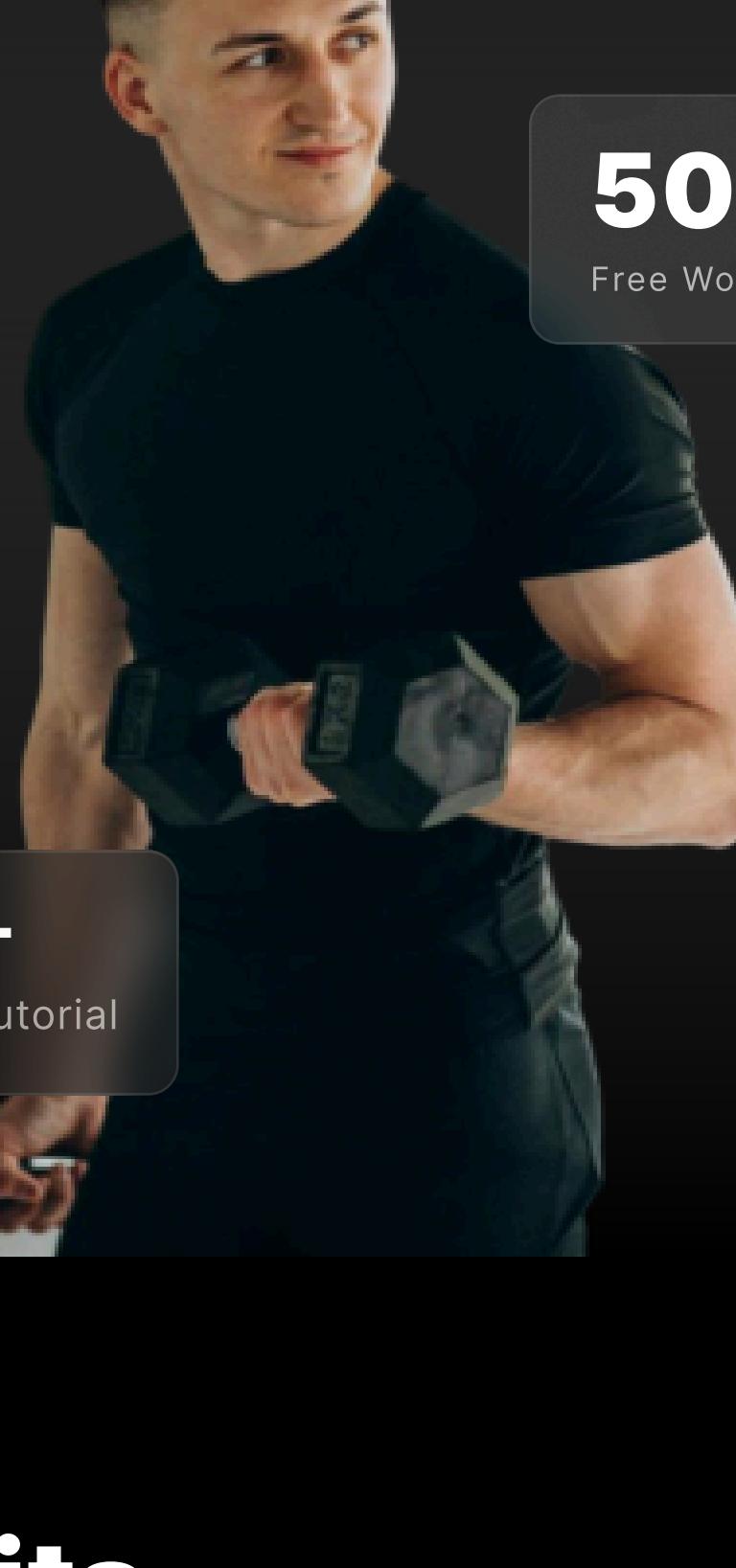


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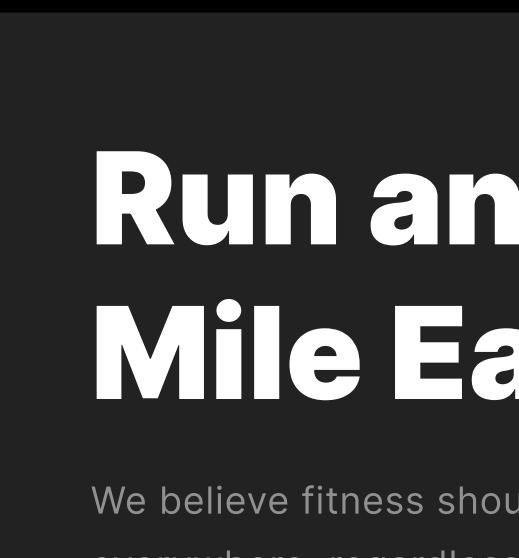
Video tutorial

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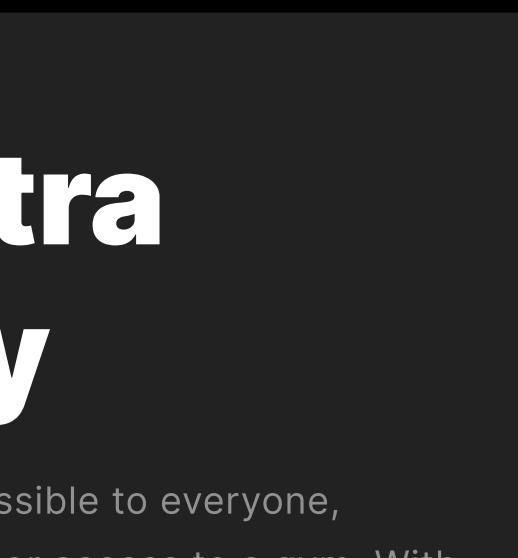
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**Movement**

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**Time**

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**Practice**

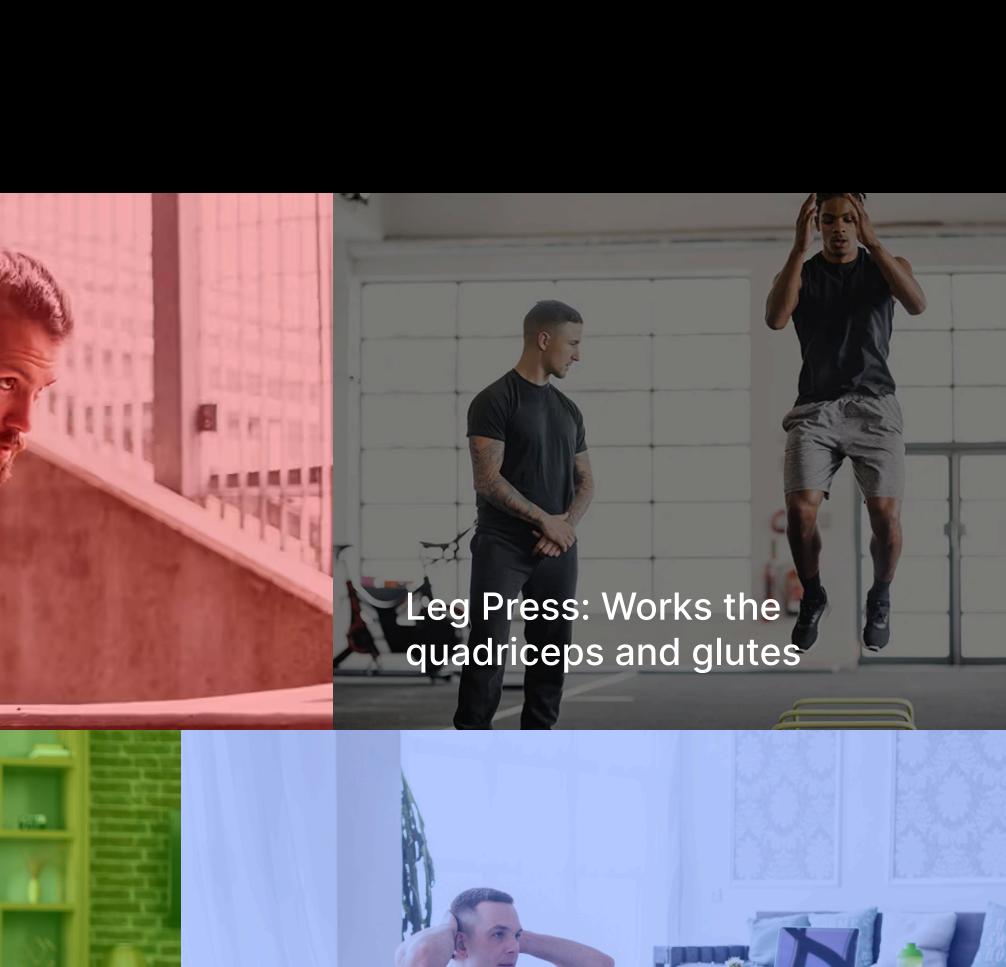
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**Weight Loss**

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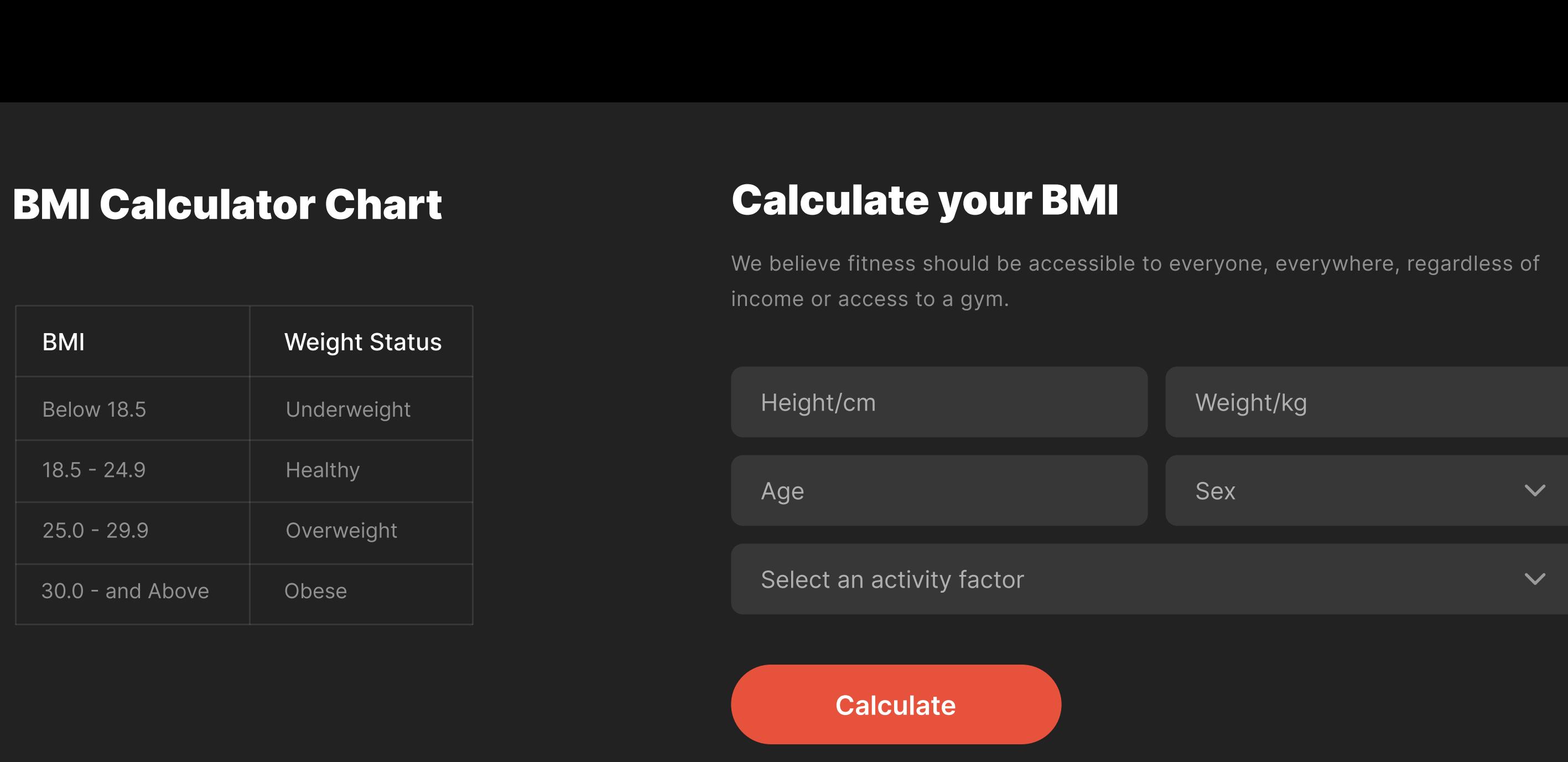
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BMI Calculator

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BMI Calculator Chart

| BMI | Weight Status |
|------------------|---------------|
| Below 18.5 | Underweight |
| 18.5 - 24.9 | Healthy |
| 25.0 - 29.9 | Overweight |
| 30.0 - and Above | Obese |

Calculate your BMI

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Height/cm

Weight/kg

Age

Sex

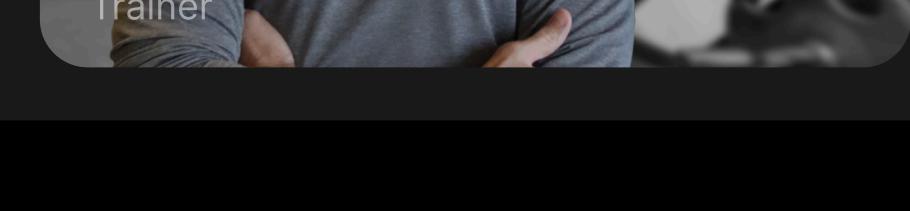
Select an activity factor

[Calculate](#)**Jerome Bell**

Trainer

**Cameron Williamson**

Trainer

**Darrell Steward**

Trainer

**Dianne Russell**

Trainer

**Cody Fisher**

Trainer

**Theresa Webb**

Trainer

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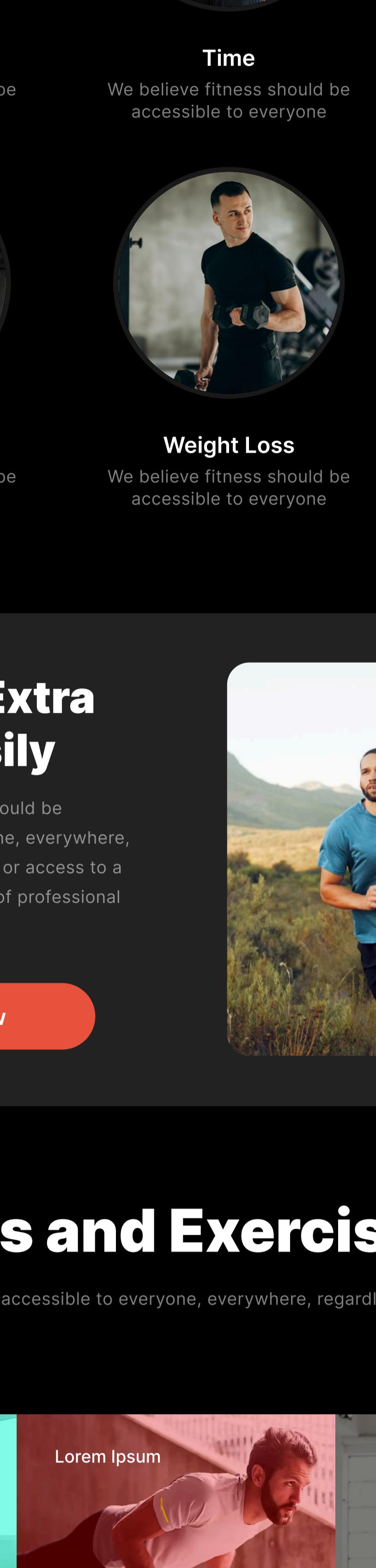
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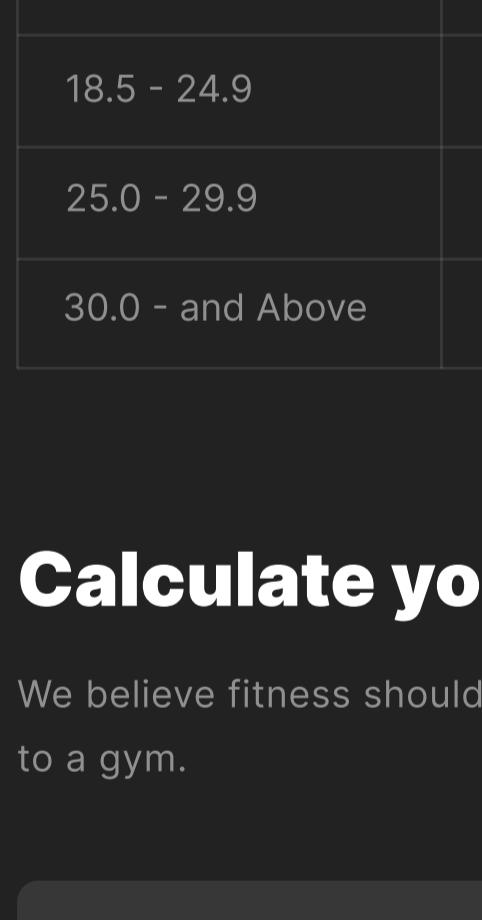
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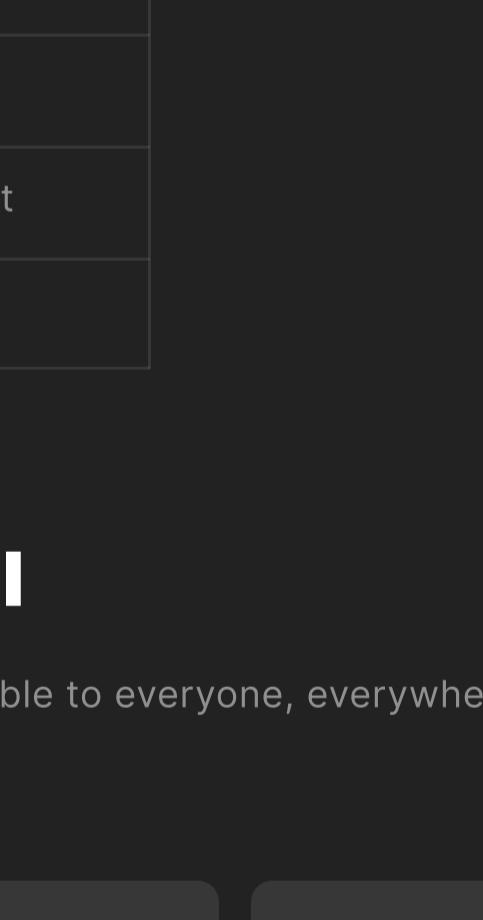
Video tutorial

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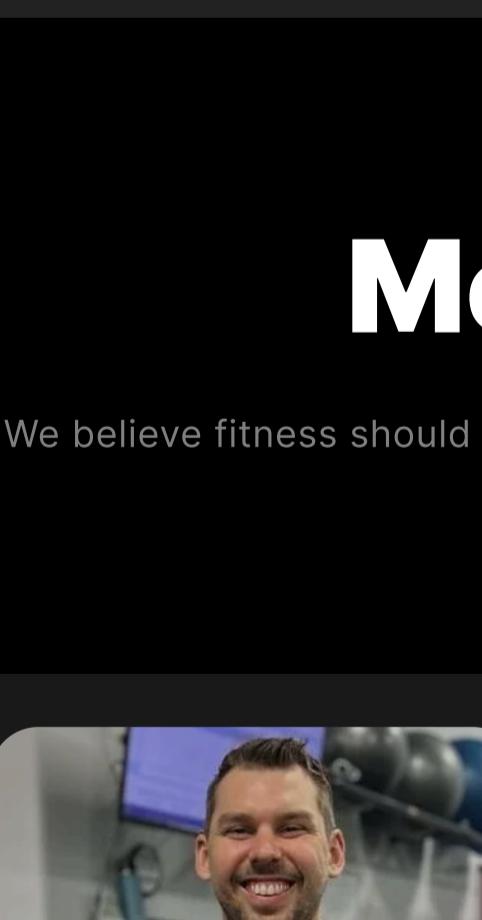
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**Time**

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**Practice**

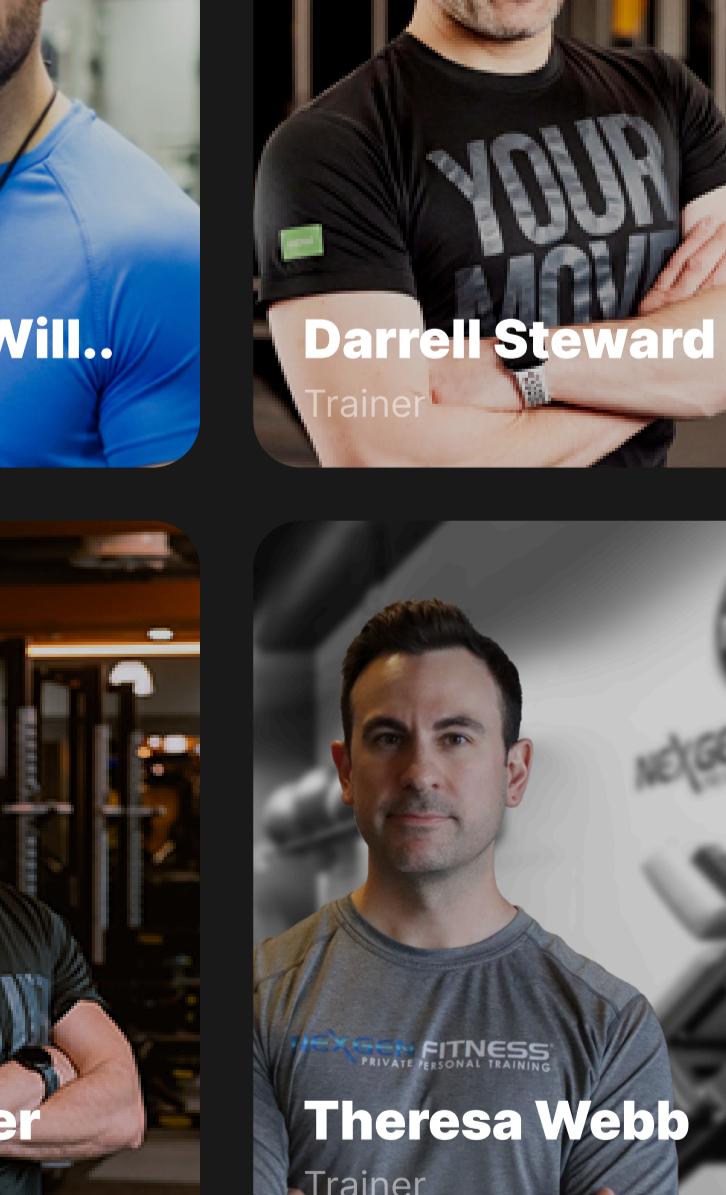
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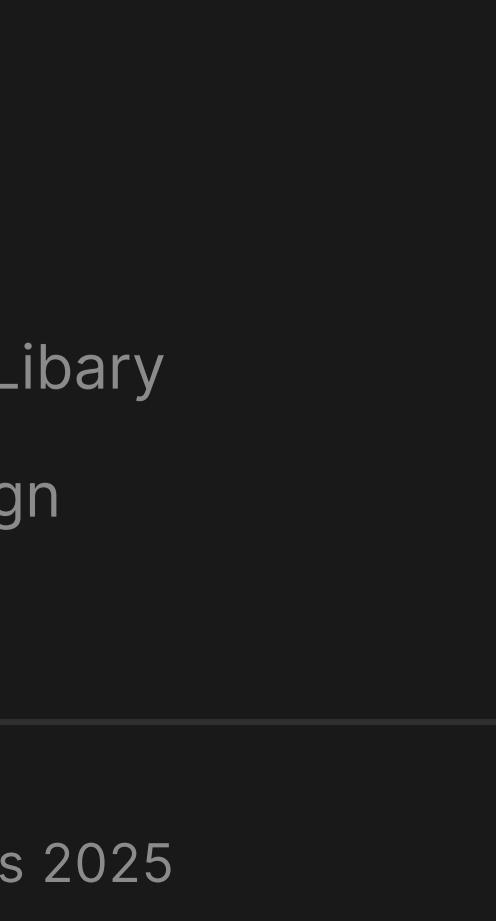
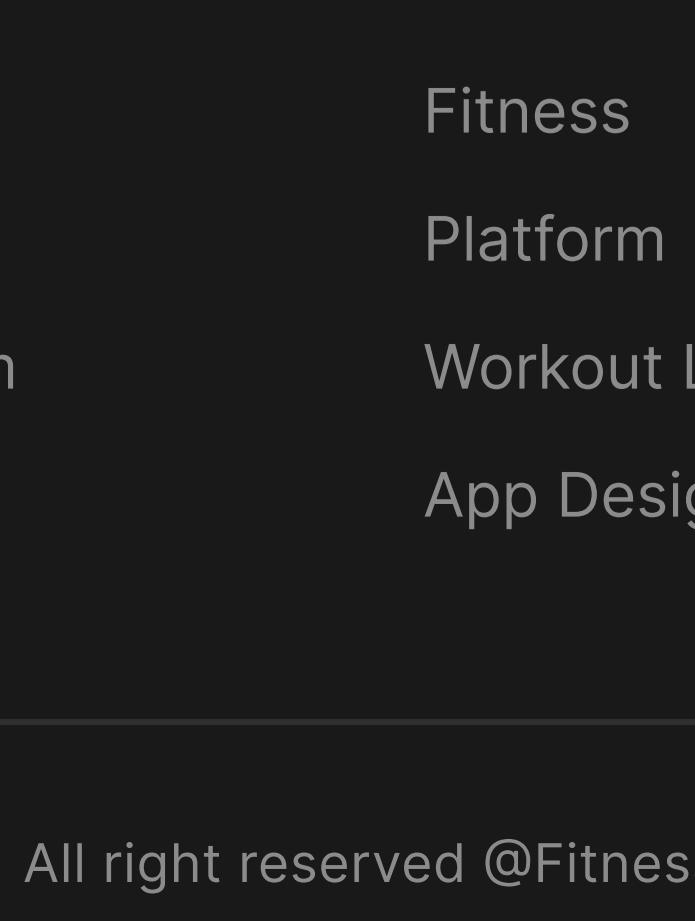
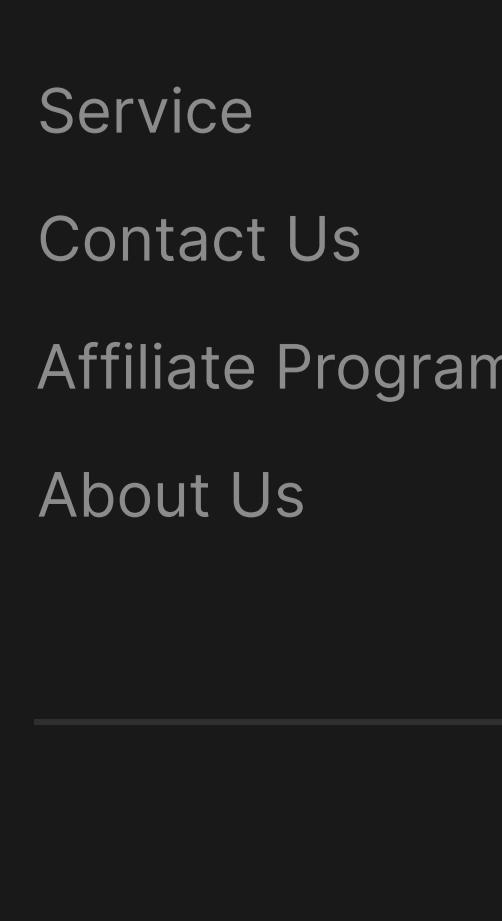
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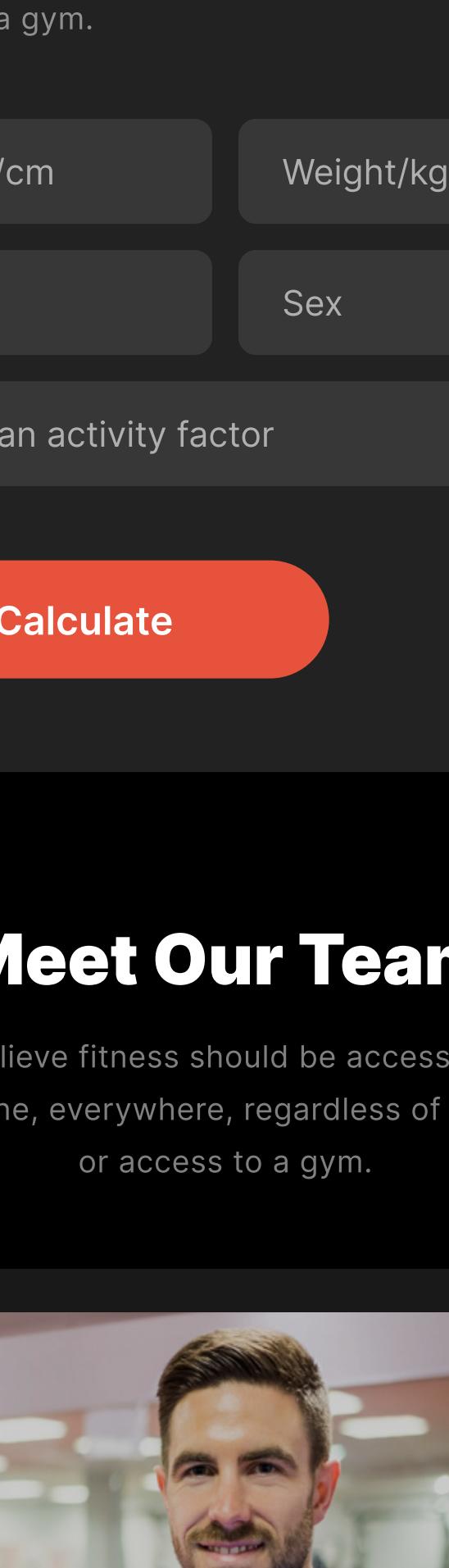
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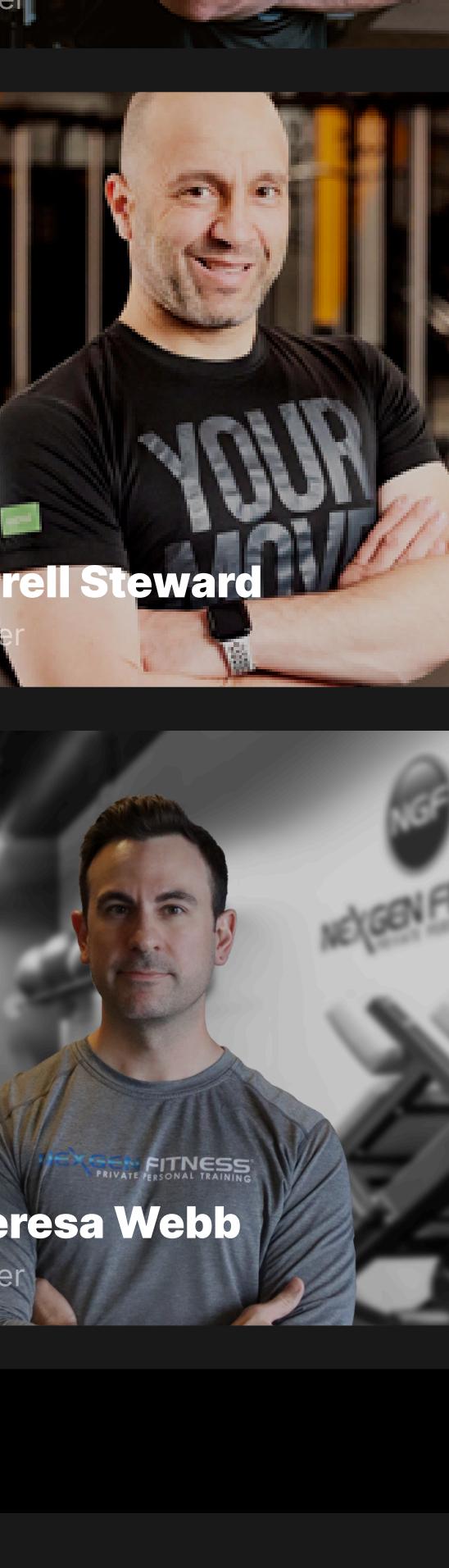
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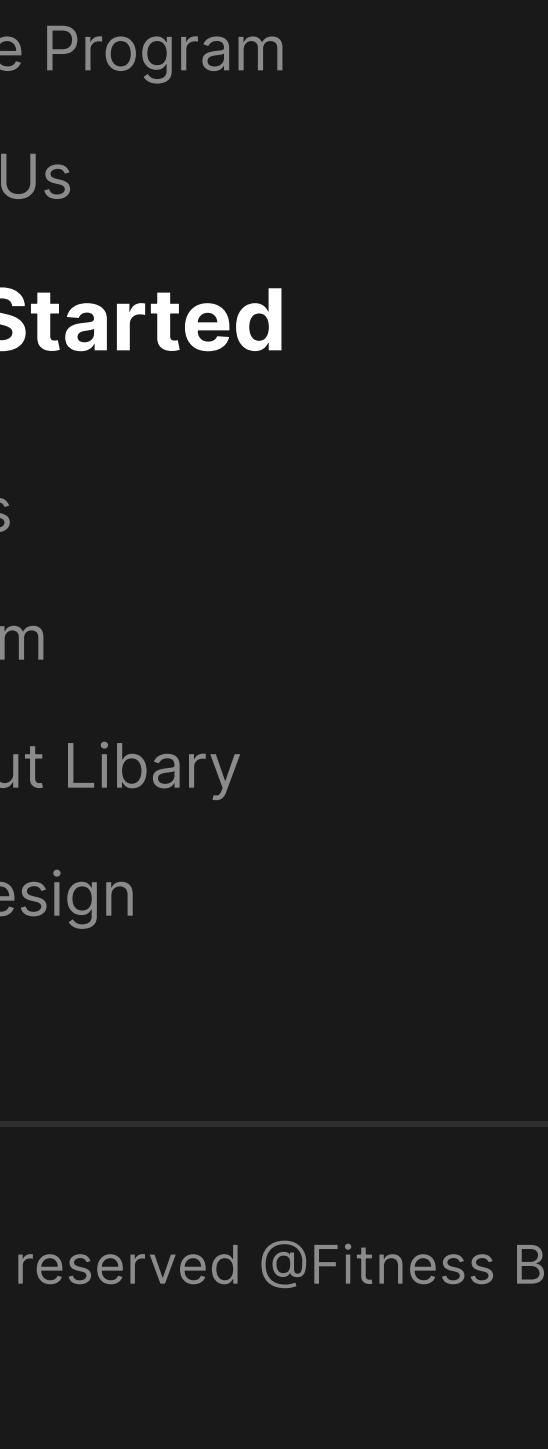
Movement

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Time

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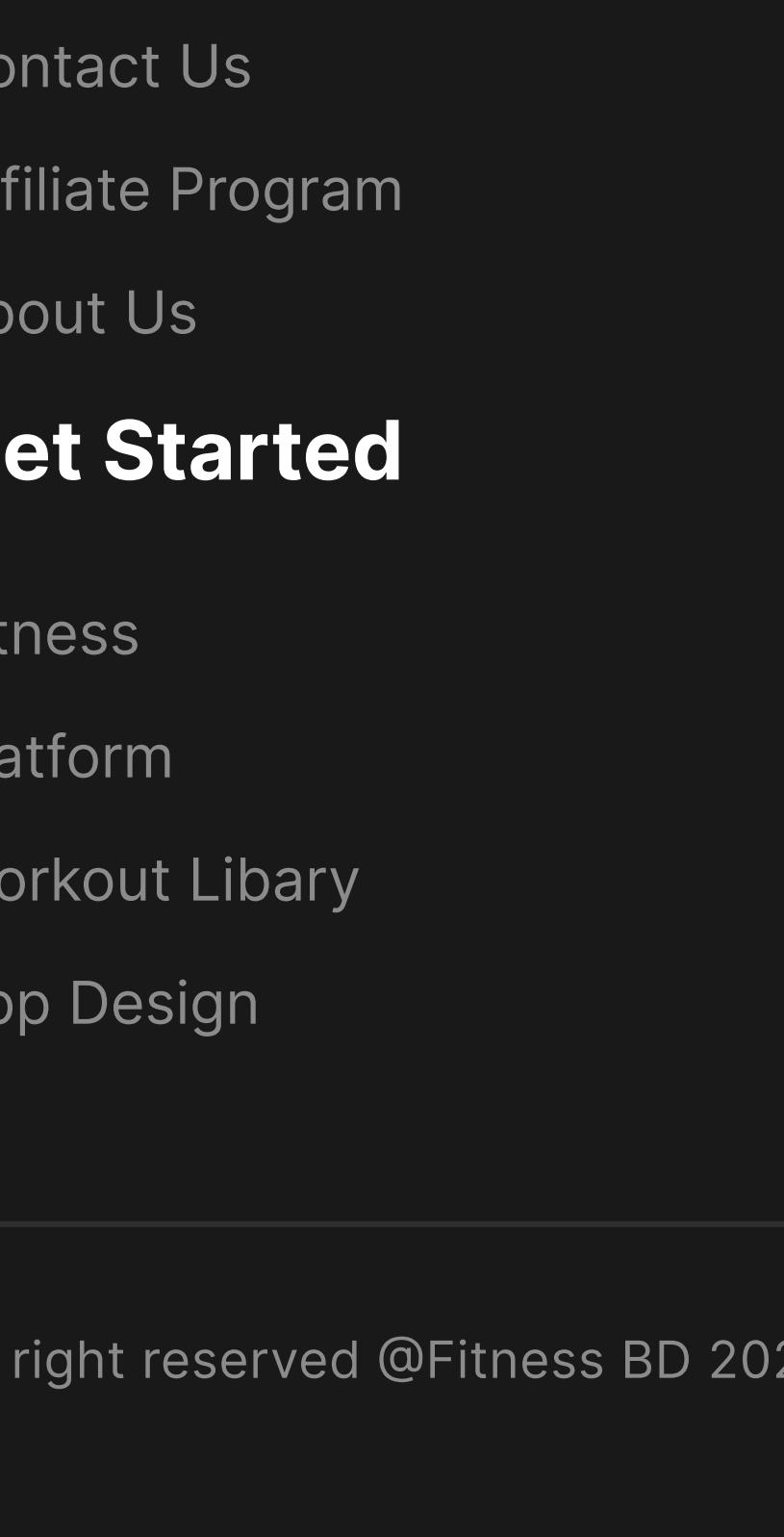
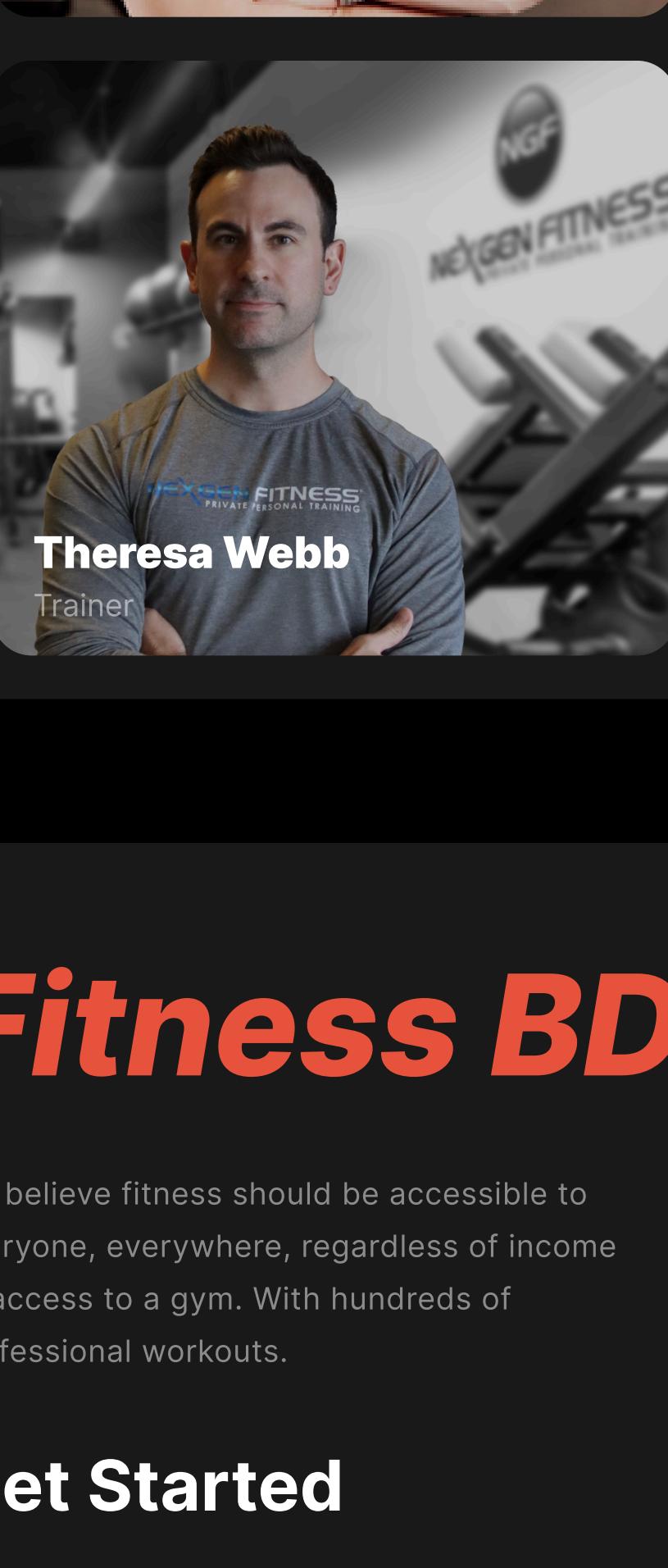
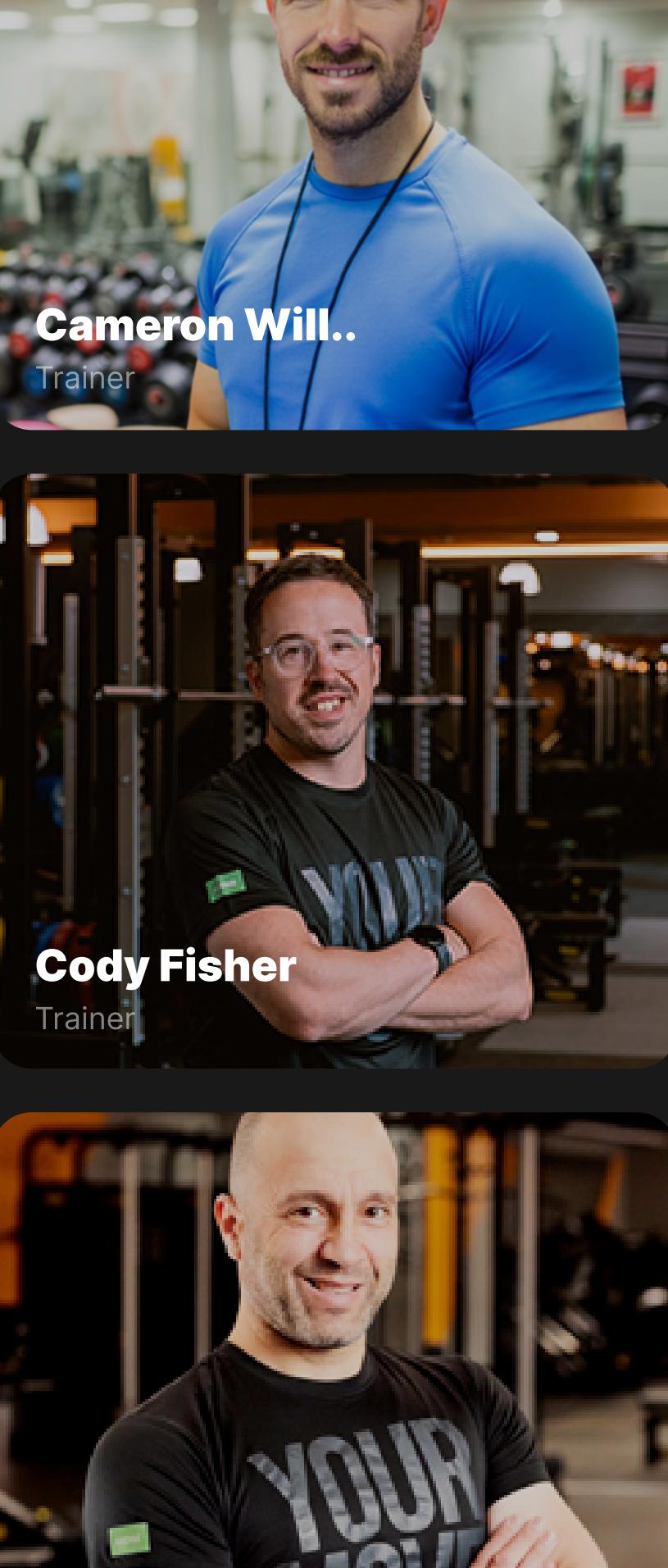
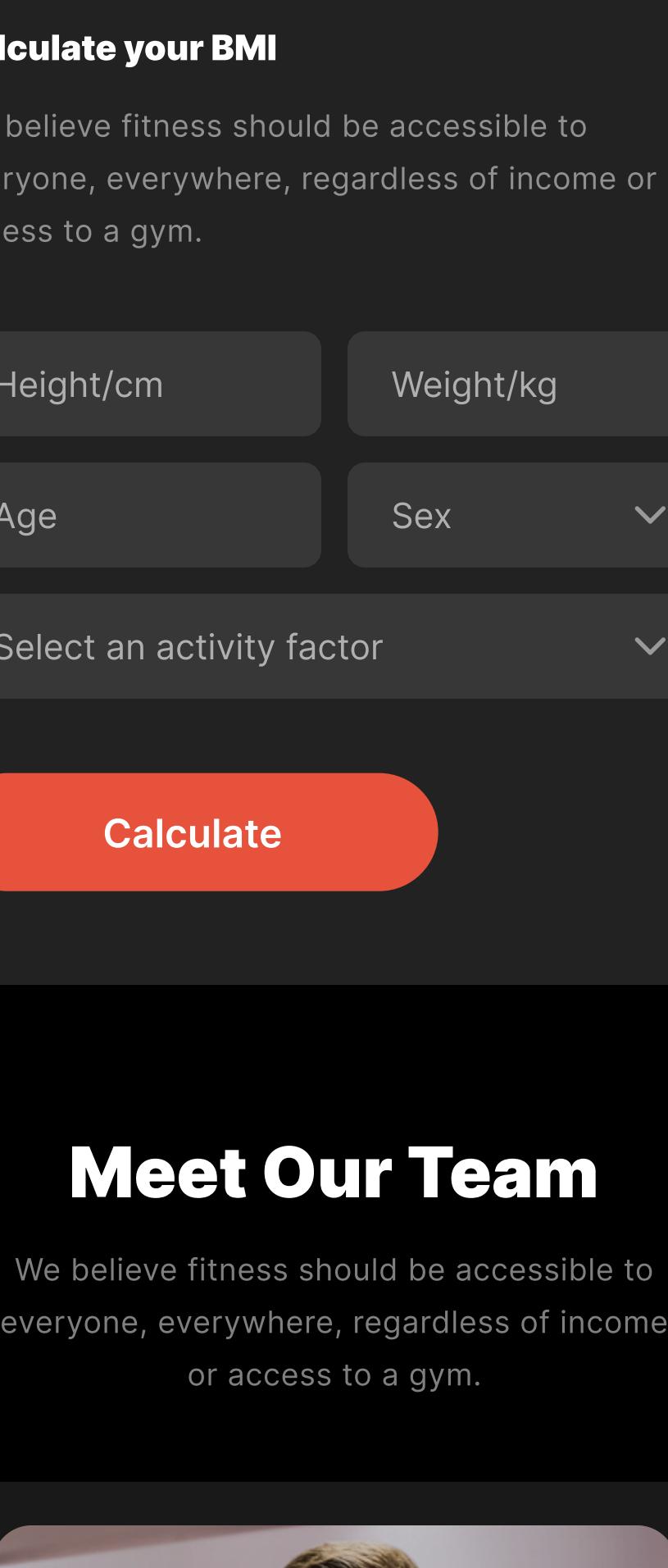
Practice

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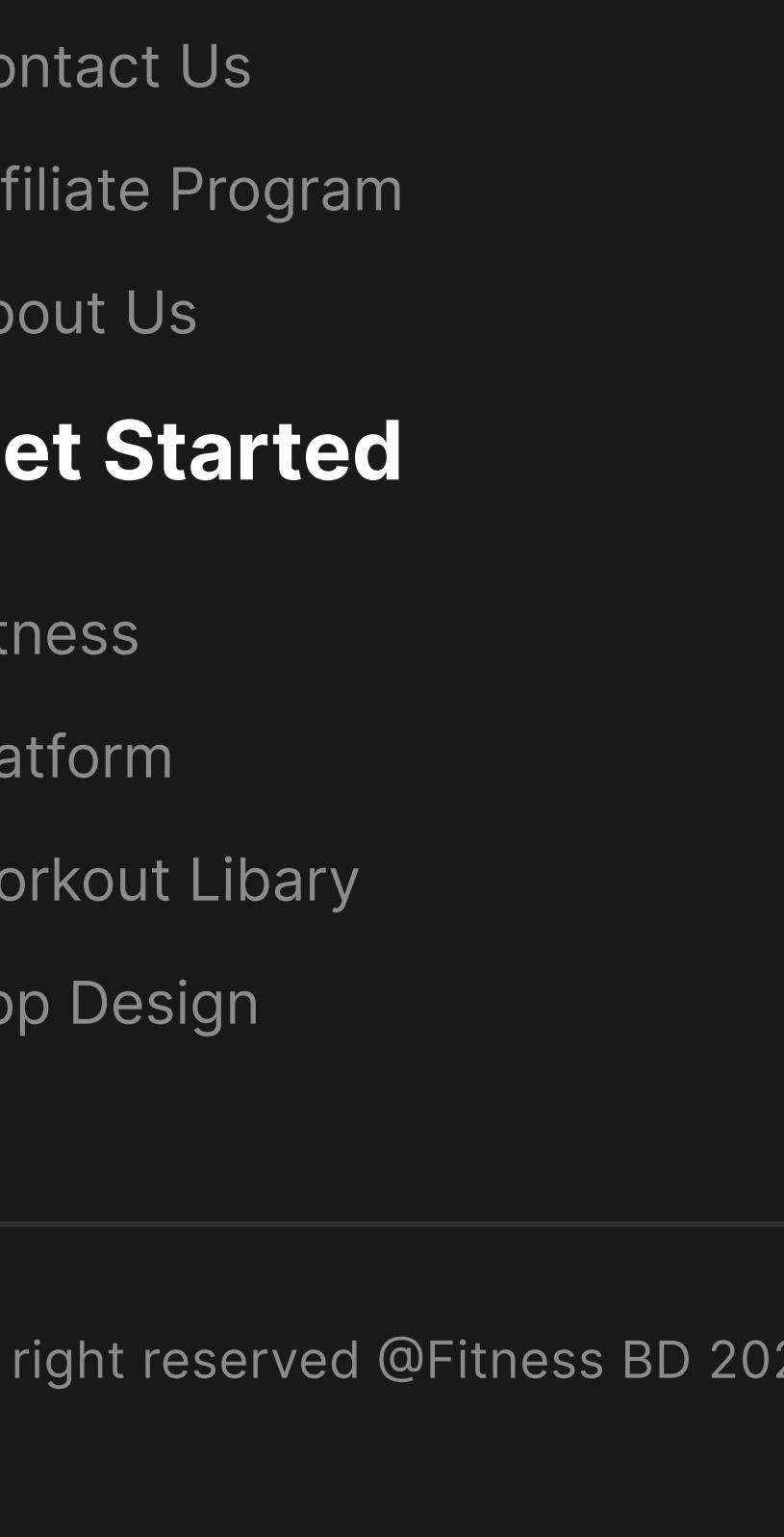
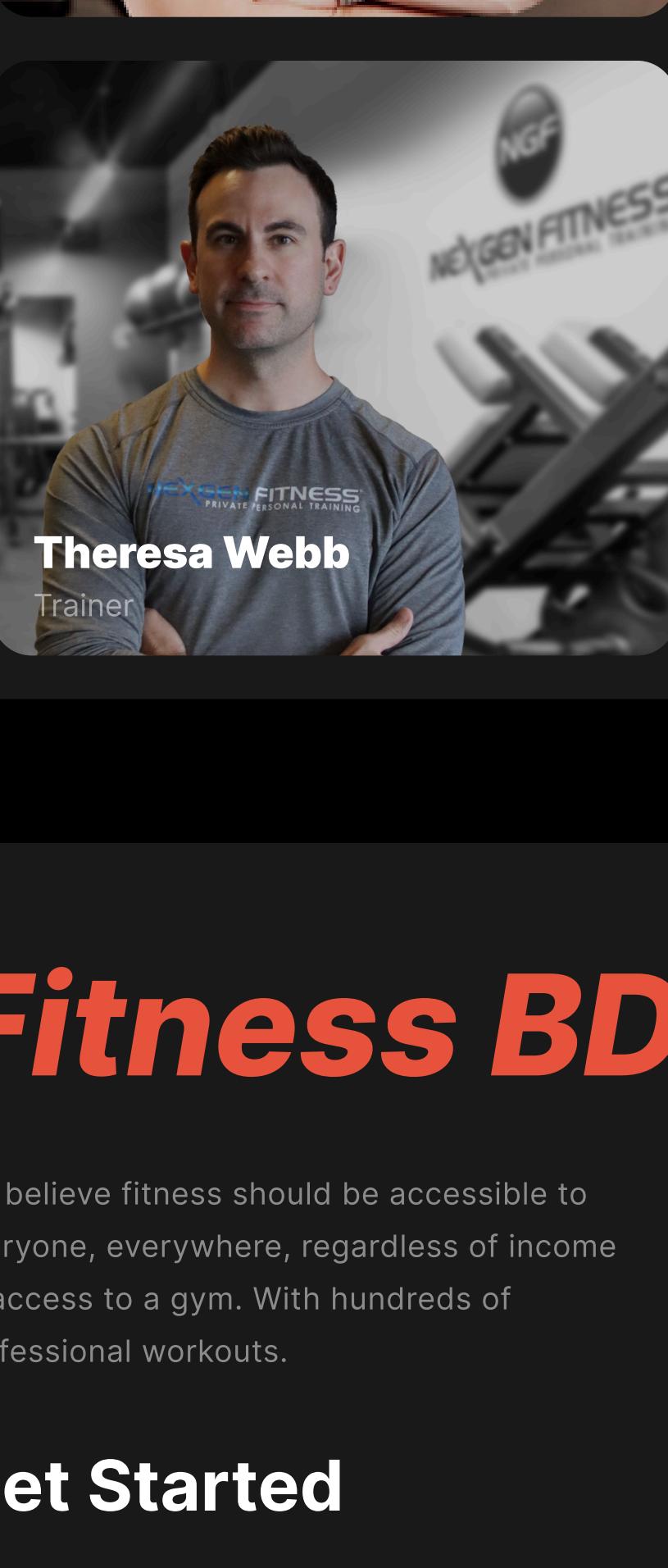
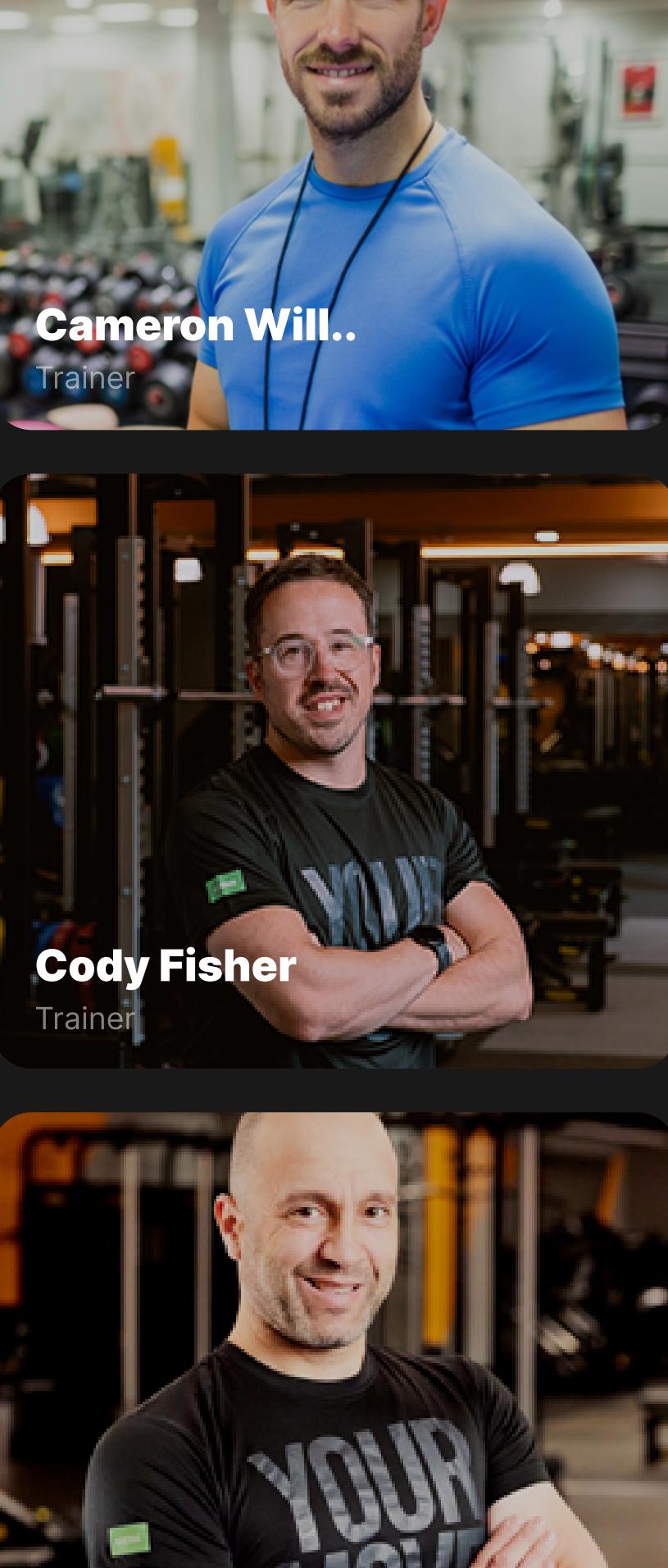
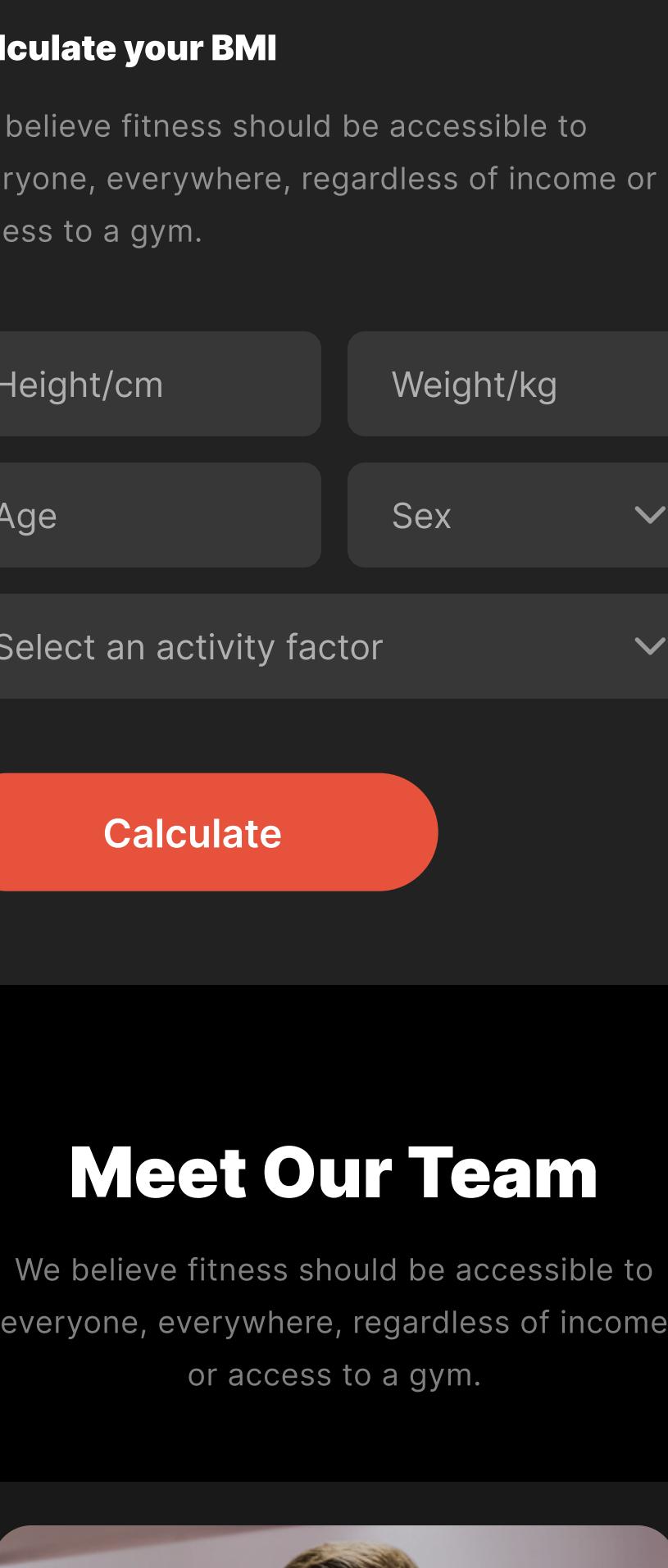
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