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The Slim in 6 Meal plan includes a guide to figure out how many calories per day you should eat based on your current weight and goals. The diet plan is really focused on calories going in and going out (through your activity). The nutrition guide does outline healthy proteins, carbs, fats, and treats.

Slim in 6 Guide - Honest Review, Schedule and Results

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What is Slim in 6? Slim in 6 is a
workout set from Beachbody. It

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includes three Body-Slimming DVDs, a workout calendar, a weight-loss eating plan, two free workout DVDs, and a resistance band. This program is supposed to help you slim down in only six weeks. This is performed at moderate intensity, and it only requires 30-45 minutes per day.

Slim In 6 Review (UPDATE: 2020) | 6 Things You Need to Know

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Fitness instructor Debbie Siebers created Slim in 6 in response to her own frustration with weight control and body image. Knowing what it's like to struggle with these challenges, she offers empathy and encouragement to programme participants. The Step-by-Step Nutrition Guide makes it easy to choose the right foods for healthy weight loss.

Slim in 6 Workout DVD Programme: Six Week Slim Training ...

Slim in 6 comes with three workout videos. The 30-minute "Start It Up" routine can burn about 218 to 454

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calories for a person weighing 120 pounds. A person could burn an average of 400 calories with the 45-minute "Ramp It Up" routine. The program's "Burn It Up" exercise video runs for a little less than an hour, and can average anywhere from 435 to 907 calories or more.

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