

Mittel zum Abnehmen: Eine Bewertung verschiedener Ansätze

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[Best Weight Loss Gummies For Men. Do This Everyday To Lose Weight FAST! 30 Min BEGINNER NO JUMP STANDING Cardio Workout](#)



[A new STANDING whole body full fat burning workout is here! Only require a small space with no running and jumping, you can do it anytime, anywhere! Friends who want to lose weight and have no idea which set of workouts to choose, following this set of workouts every day will do! Together with a healthy and reasonable diet, you will see your changes in 1-2 weeks! The key principle of weight loss is that the total calories we consume daily \(thermic effect of physical activity TEPA + basal metabolic rate RMR + thermic effect of food TEF\) is greater than the calories we take in \(calories from food eaten\). In general, when the calories deficiency reaches about 3,500 calories, the weight will be lost by 1 pound. In terms of weight loss rate, it is advisable to lose no more than 2 pounds per week \(a reduction of 1,000 calories per day\). *People who easily lose control in front of food, please watch here: <https://youtu.be/OfNHIVaVjuQ> The foam roller massage video, which I mentioned and recommended at the end of the video, please watch here <https://youtu.be/zF7LFDfKEY> *Items you may be interested in: Blue Team Player Set, size M/L <https://rstyle.me/+rHNEX1re-4V1Nov8iNhjbw> *FREE Program Schedule: 7 Days ABS Challenge Program \[https://aprilhanfit.com/daily_workout/7-days-abs-challenge/\]\(https://aprilhanfit.com/daily_workout/7-days-abs-challenge/\) *JOIN THIS CHANNEL TO GET ACCESS TO PERKS: <https://www.youtube.com/channel/UCce7Uuc8LILSkgezavNyDL9g/join> SUBSCRIBE TO MY DAILY LIFE CHANNEL: <https://www.youtube.com/channel/UCKNOyVVoSMu24fAsdOzVTFg> FOLLOW ME ON INSTAGRAM @Piecesofapril37 <https://www.instagram.com/piecesofapril37/> 1. Altero - One Day \(Feat. NVRT\) Get The Sound : \[Facebook\]\(https://www.facebook.com/GetTheSound\) : <https://www.facebook.com/GetTheSound> Soundcloud : <https://soundcloud.com/getthesound2> Twitter : <https://twitter.com/GetTheSound2> Instagram : <http://instagram.com/getthesound> Get The Sound Youtube Channel: <http://bit.ly/GetTheSoundYT> 2. Song: OmgLoSteve - Wrong For Me \(ft. Addie Nicole\) Link: <https://youtu.be/5NdN3m10BZE> Music promoted by FreeMusicWave 3. Song: Jimmy Hardwind - Submarine \(ft. Mike Archangelo & CORii\) Music provided by Vlog No Copyright Music. Video Link:](#)

https://youtu.be/-1Uif_rEBSc 4. Song: DayFox - Memories Of You (Vlog No Copyright Music) Music provided by Vlog No Copyright Music. Video Link: <https://youtu.be/brjKk4iAbQM> 5. Track: Jimmy Hardwind - Submarine (ft. Mike Archangelo & CORii) Free download / Stream: <https://jupitamusic.com/submarine/> 6. Song: Alban Chela - So Insane (feat. Mike Watson) Music provided by Vlog No Copyright Music. Video Link: <https://youtu.be/NDN3AzokwmQ> 7. Song: MBB - Do It Music provided by Vlog No Copyright Music. Creative Commons - Attribution-ShareAlike - CC BY-SA Video Link: https://youtu.be/olZnP_PoaWY 8. Song: DayFox - Friendshippers (Vlog No Copyright Music) Music provided by Vlog No Copyright Music. Video Link: <https://youtu.be/fGML7efY62Q> 9. Song: Niwel - Miss You Music provided by Vlog No Copyright Music. Creative Commons - Attribution-ShareAlike 3.0 Unported Video Link: <https://youtu.be/G6rFEdQaa24> 10. Song: S O U N D S - Don't Throw Our Love Away (feat. Martin Novales) Music provided by Vlog No Copyright Music. Video Link: <https://youtu.be/1HXo6vDcTO8> 11. Song: OmgLoSteve - The Horizon Link: https://youtu.be/p6_7JGIqasc Music promoted by FreeMusicWave. 12. Song: Seum Dero-Hold Me Close "Track: Seum Dero - Hold Me Close [Jupita Release]" Link: <https://www.youtube.com/watch?v=ZkNKP0wqLk> 13. Song: '4šProducer's Toolbox - Nothing To Lose Artist: '4šJD Beatz Album: '4šPop Heart Licensed to YouTube by SourceAudio Holdings LLC (on behalf of Producer's Toolbox - Producer's Toolbox - Producer's Toolbox); SourceAudio Holdings (music publishing), ARESA, BMG Rights Management (US), LLC

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