

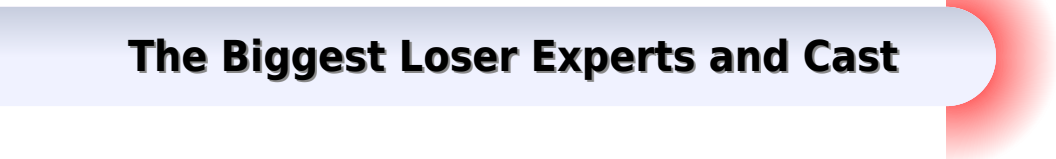
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Jillian Michaels Fitness Guide

The Biggest Loser Experts and Cast



Jillian Michaels Fitness Guide:

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Quick Guide - How to Lose Fat and Shape Your Body, Claus Lauter, 2010. The book is about losing body fat and weight and is a proven concept. It gives the very basic rules and guidelines to reach the goal in losing body fat while maintaining or even building muscles. The book is written for the average person who has an eight hour job, family and other tasks to fulfill. The book is not full of scientific studies or complicated rules. It demonstrates in a simple and understandable language what a person can do to lose weight and become healthier.

Wii Fitness For Dummies, Christina T. Loguidice, Bill Loguidice, 2010-01-26. A fun and friendly guide to enjoying the benefits of video games with actual fitness results. Lose weight, find serenity and tone your muscles while playing a video game. It's almost too good to be true. Yet the Wii offers all of that with fitness games that focus on losing weight, achieving balance and building strength. Written by an author team of Certified Personal Trainers, this friendly guide is aimed at anyone who is eager to take advantage of combining the fun, interactive and motivational aspects of video games with traditional fitness activities. You'll learn how to use Wii Fit Plus, EA Sports Active and other games as part of a sensible workout routine and lifestyle. The authors guide you through best practices for doing the exercises and explain how

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