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The Biggest Loser Fitness Program: Fast, Safe, and Effective Workouts to Target and Tone Your Trouble Spots

PhD The BIggest Loser Experts and Cast with Maggie Greenwood-Robinson

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The Biggest Loser Fitness Program Fast, Safe, and Effective Workouts to Target and Tone Your Trouble Spots-Adapted from NBC's Hit Show by the biggest Loser experts and cast The next book in the best-selling Biggest Loser series, featuring a personalized fitness program used by Biggest Loser contestants to dramatically transform their bodies and lives! In The Biggest Loser, NBC's hit unscripted show, overweight contestants divided into Red and Blue teams undergo dramatic weight-loss transformations the "old-fashioned way"-with diet and exercise. Now, for the first time, fans everywhere will learn the Biggest Loser trainers' fitness secrets and programs modified for workouts at the gym or at home. First, pick your "team." Then, just follow along with either the Red Team or Blue Team workouts, customizing your plan to best fit your lifestyle, goals, and current fitness level. Taking the best moves from the workouts at The Biggest Loser Ranch, the routines in The Biggest Loser Fitness Program require very little equipment, are suitable for readers at any fitness level, and are designed with your busy schedule in mind. In addition, The Biggest Loser Fitness Program also offers: sensible and real-life eating advice from the show's nutrition experts dozens of tips and tricks for getting started from the show's trainers and contestants inspiring and motivating contestant testimonials, including before-and-after photos clear, how-to photographs for each workout move modifications for beginners and advanced readers alike Not all of us can go to the Biggest Loser Ranch for months at a time! This fitness program is the next-best bet for dramatic, weight-loss transformation. Complete with real-life advice and built-in motivation, The Biggest Loser Fitness Program will inspire you to fight fat and become the biggest loser!

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