

[PDF] Jillian Michaels Hot Bod In A Box: Kick Butt With 50 Exercises From TV's Toughest Trainer

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Description:

What if TV's number one exercise coach and fitness expert was your gym buddy? Imagine Jillian there with you counting out your sit-ups and pushing you toward your goals. With HOT BOD IN A

BOX, you get Jillian's tough and energetic approach to fitness in a deck filled with challenging exercises and training tips you can mix and match for a customized work out. The exercises and workout circuits are pulled from Jillian's bestselling book *Making the Cut*, now redesigned in full color, portable flash-cards you can take to the gym.

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