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Jeanette Jenkins

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– About 500 in

45 Minutes

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Fire up your  
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her fierce

formula that

adds strength

and ab moves to

dynamic cardio

for increased

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40-minute  
circuit workout  
blasts your  
heart rate with  
challenging  
intervals to  
turn up the burn  
and melt off the  
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*Michaels: Banish*

*Fat, Boost*

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*Jillian Michaels*

*- 30 Day Shred /*

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Circuits: Warm

Up - Extremely

aerobic so

stretch! First

Circuit -

Kickboxing 1

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Second Circuit

Third Circuit -

Old School

Calisthenics

Fourth Circuit -

Starts on the

ground Fifth

Circuit -

Kickboxing 2

Sixth Circuit

Seventh Circuit

Cool Down

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Metabolism fits  
that bill. It's  
a fun workout  
that really  
works different  
areas of your  
body. The first  
circuit is a  
nice warmup....c  
ircuit two will  
make your legs  
feel like they

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Banish Fat -

lots of plyo

moves and squats

and that is

quickly followed

by your typical

calisthenics

circuit (butt

kicks, jumping

jacks, high

knees).

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positive review.

All positive

reviews › Clare

Marsh. 5.0 out

of 5 stars

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effective.

Reviewed in the

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United Kingdom

on 15 June 2017.

Lots of good

stuff here -

clear ...

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and peel off the  
pounds. Whether  
you're just  
getting started  
or ready for a  
hardcore  
workout, this  
program will  
ignite your  
metabolism and  
incinerate fat



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Jillian takes  
workouts to the*

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next level – one  
where I want to  
curl up into a  
ball and cry,  
LOL! Jillian  
uses plyometric  
exercises with  
big, explosive  
jumps, and likes  
working several  
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Gold's Gym, I'd  
watch personal  
trainers perform  
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exercises with  
real athletes).

*The Jillian  
Michaels Banish  
Fat, Boost  
Metabolism  
Workout ...  
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by Jillian

Michaels is one of three of her DVD fitness

series which include 30-Day Shred and No More Trouble Zones. This

40-minute circuit training workout DVD promises to help you incinerate

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Banish Fat

Boost  
Metabolism  
fat while  
revving up your  
metabolism

ensuring that

you'll lose five

pounds in just

one week - all

from your living

room floor.

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The Jillian

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Paleo/Gluten

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plan provides

optimized

phytonutrients,

fiber, and clean

protein

combinations to

ensure you get

incredible

results. Jillian

and her team of

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chefs and  
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crafted this  
plan to boost  
energy, maintain  
muscle, and  
optimize fat  
burning.

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Zones -

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