

30-Day Slimdown with JILLIAN MICHAELS

Buy the Ultimate Jillian 3 pack in the ExerciseTV Store



~~\$44.94~~ Special Price \$27.95!

PROGRAM DESCRIPTION

DAY 1

30 Day Shred: Level 1

Jillian Michael's 30 Day Shred Workout Program-you could lose up to 20 pounds in 30 days. If you've watched the contestants on The Biggest Loser drop weight and keep it off and have wondered how you can do the same, now you can with Jillian's 3,2,1.

PROGRAM DESCRIPTION

DAY 2

30 Day Shred: Level 1

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PROGRAM DESCRIPTION

DAY 3

No More Trouble Zones

Get into the zone with TV's kick-butt trainer Jillian Michaels, and tackle stubborn problem areas with her sure-fire circuit training formula that combines upper- and lower-body sculpting moves to obliterate fat even faster. Say goodbye to saddlebags, muffin tops and wobbly arms with this heart-pounding, 40-minute circuit workout that targets trouble zones like never before. By keeping you constantly challenged, Jillian will transform your body from flab to firm in no time! Warm-up and cool-down before and after this grueling workout.

PROGRAM DESCRIPTION

DAY 4

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PROGRAM DESCRIPTION

DAY 5

Banish Fat, Boost Metabolism

Fire up your metabolism with TV's top trainer Jillian Michaels, and lose big with her fierce formula that adds strength and ab moves to dynamic cardio for increased fat loss. This 40-minute circuit workout blasts your heart rate with challenging intervals to turn up the burn 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 to reveal a ripped, lean body!

PROGRAM DESCRIPTION

DAY 6

Quick Trouble Zones

A quick workout to get rid of your trouble zones with TV's kick-butt trainer, Jillian Michaels. Tackle problem areas with her circuit training formula, combining upper and lower body sculpting moves. Say goodbye to saddlebags, muffin tops and wobbly arms!

DAY 7

DAY OFF

Reference this plan every day for the next 30 days to get the name of your workout(s). Then, go to **ExerciseTV On Demand**, click the **Jillian Michaels** category and find your workout. Get started now to lose weight and build lean muscle in just 30 days.

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PROGRAM DESCRIPTION

DAY 8

30 Day Shred: Level 1

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PROGRAM DESCRIPTION

DAY 9

30 Day Shred: Level 2

Jillian Michael's 30 Day Shred Workout Program-you could lose up to 20 pounds in 30 days. If you've watched the contestants on The Biggest Loser drop weight and keep it off and have wondered how you can do the same, now you can with Jillian's 3,2,1.

PROGRAM DESCRIPTION

DAY 10

Quick Trouble Zones

A quick workout to get rid of your trouble zones with TV's kick-butt trainer, Jillian Michaels. Tackle problem areas with her circuit training formula, combining upper and lower body sculpting moves. Say goodbye to saddlebags, muffin tops and wobbly arms!

PROGRAM DESCRIPTION

DAY 11

30 Day Shred: Level 2

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PROGRAM DESCRIPTION

DAY 12

Banish Fat, Boost Metabolism

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PROGRAM DESCRIPTION

DAY 13

No More Trouble Zones

Get into the zone with TV's kick-butt trainer Jillian Michaels, and tackle stubborn problem areas with her sure-fire circuit training formula that combines upper- and lower-body sculpting moves to obliterate fat even faster. Say goodbye to saddlebags, muffin tops and wobbly arms with this heart-pounding, 40-minute circuit workout that targets trouble zones like never before. By keeping you constantly challenged, Jillian will transform your body from flab to firm in no time! Warm-up and cool-down before and after this grueling workout.

DAY 14

DAY OFF

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PROGRAM DESCRIPTION

DAY 15

30 Day Shred: Level 1

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PROGRAM DESCRIPTION

DAY 16

30 Day Shred: Level 2

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PROGRAM DESCRIPTION

DAY 17

No More Trouble Zones

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PROGRAM DESCRIPTION

DAY 19

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PROGRAM DESCRIPTION

DAY 20

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DAY 21

DAY OFF

30-Day Slimdown with JILLIAN MICHAELS

PROGRAM DESCRIPTION

DAY 22

30 Day Shred: Level 2

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PROGRAM DESCRIPTION

DAY 23

Quick Trouble Zones

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PROGRAM DESCRIPTION

DAY 24

Banish Fat, Boost Metabolism

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PROGRAM DESCRIPTION

DAY 25

Quick Trouble Zones

A quick workout to get rid of your trouble zones with TV's kick-butt trainer, Jillian Michaels. Tackle problem areas with her circuit training formula, combining upper and lower body sculpting moves. Say goodbye to saddlebags, muffin tops and wobbly arms!

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PROGRAM DESCRIPTION

DAY 26

DAY OFF

DAY 27

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PROGRAM
DESCRIPTION

DAY 28

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Fire up your metabolism with TV's top trainer Jillian Michaels, and lose big with her fierce formula that adds strength and ab moves to dynamic cardio for increased fat loss. This 40-minute circuit workout blasts your heart rate with challenging intervals to turn up the burn 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 to reveal a ripped, lean body!

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PROGRAM
DESCRIPTION

DAY 29

30 Day Shred: Level 2

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PROGRAM
DESCRIPTION

DAY 30

No More Trouble Zones

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