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Third Circuit – Old School  
Calisthenics Fourth Circuit – Starts

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on the ground Fifth Circuit –  
Kickboxing 2 Sixth Circuit Seventh  
Circuit Cool Down

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Jillian Michals Banish Fat Boost Metabolism fits that bill. It's a fun workout that really works different

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The first circuit is a nice warmup....circuit two will make your legs feel like they are on fire - 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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All positive reviews › Clare Marsh.  
5.0 out of 5 stars Simple but effective.  
Reviewed in the United Kingdom on  
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- clear ...

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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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With Banish Fat, Boost Metabolism, Jillian takes workouts to the 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 muscle groups simultaneously (back when I belonged to Gold 's

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Gym, I'd watch personal trainers perform similar exercises with real athletes).

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

Banish Fat, Boost Metabolism by Jillian Michaels is one of three of her

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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 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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Metabolism - Diets in Review  
The Jillian Michaels Paleo/Gluten free  
nutrition plan provides optimized  
phytonutrients, fiber, and clean  
protein combinations to ensure you  
get incredible results. Jillian and her

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Metabolism Drug  
team of chefs and registered dietitians  
crafted this plan to boost energy,  
maintain muscle, and optimize fat  
burning.

Jillian Michaels: The Fitness App  
Jillian Michaels: Banish Fat Boost  
Metabolism vs No More Trouble

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