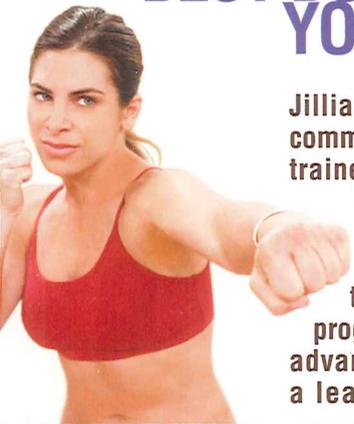


# JILLIAN MICHAELS 30 DAY SHRED



## GET READY FOR THE BEST BODY OF YOUR LIFE.



Jillian Michaels is TV's toughest trainer, but she is committed to getting big results. As your own personal trainer, Jillian will guide you through her exclusive 3-2-1 Interval System that combines strength, cardio and abs to blast through calories for a dramatic 30 DAY SHRED. The DVD includes three complete 20-minute workouts which progress by level of intensity. Start with Level 1 and advance through Level 3—in no time you'll achieve a lean, shredded body.



### EACH 20-MINUTE WORKOUT CONTAINS

- One 2-Minute Warm-Up
- Three 6-Minute Circuits Featuring Jillian's 3-2-1 Interval System:
  - 3 Minutes of Strength
  - 2 Minutes of Cardio
  - 1 Minute of Abs
- One 2-Minute Cool Down

You will need hand weights and a mat if exercising on a hard surface.

LIONSGATE®  
[NYSE: LGF]



2007 • Color • Feature Run Time Approx. 60 Minutes

Directed and Produced by Andrea Ambandos, Dragonfly Productions. Shoes provided by New Balance. Always consult your physician before beginning any exercise video. Dolby and the double-D symbol are trademarks of Dolby Laboratories. Program Content and Package Artwork: © 2007 Lions Gate Films Inc. and ExerciseTV, LLC. All rights reserved. Package Design and Summary: © MMVIII Lions Gate Entertainment. All Rights Reserved. Lionsgate, 2700 Colorado Avenue, Santa Monica, California 90404 www.lionsgatedvd.com. Printed in U.S.A. www.exercisetv.tv

FULL SCREEN  
1.33:1  
DVD SCREEN FORMAT

## LOSE UP TO 20 POUNDS IN 30 DAYS!

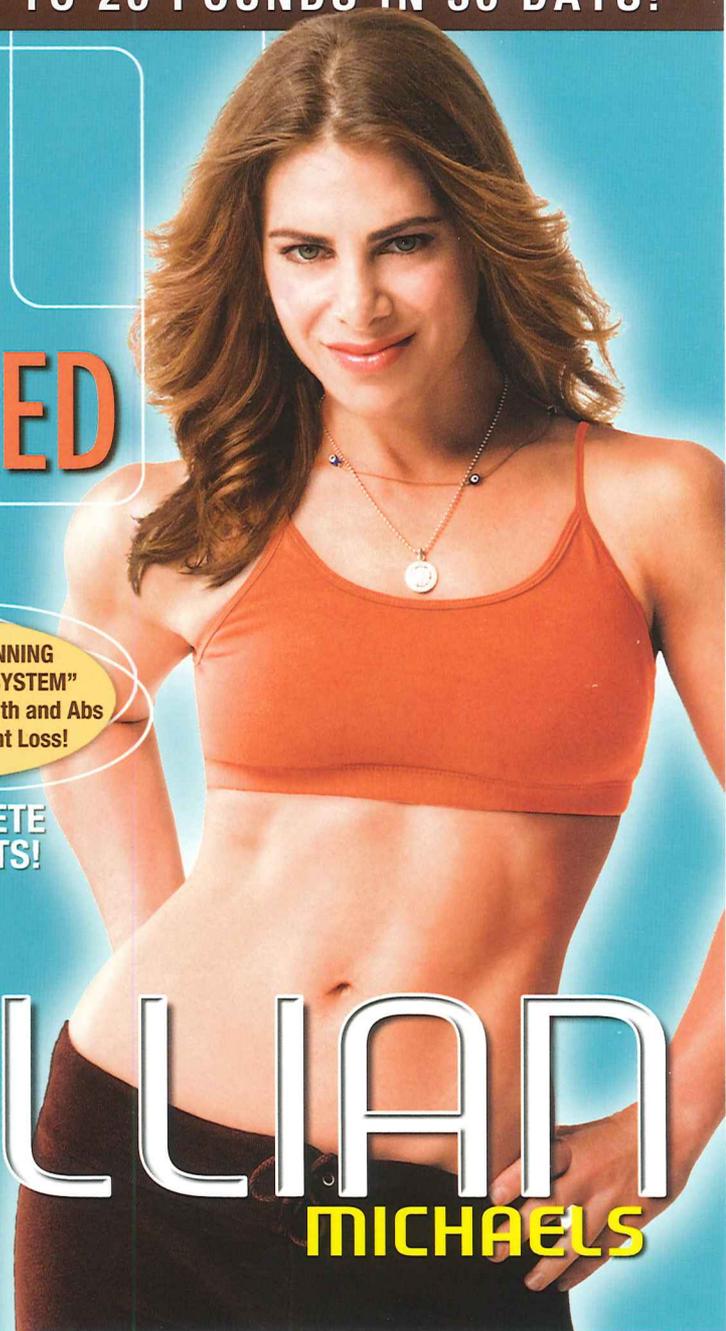


# 30 DAY SHRED

Features the WINNING "3-2-1 INTERVAL SYSTEM" Mixing Cardio, Strength and Abs for Extreme Weight Loss!

### 3 COMPLETE WORKOUTS!

JILLIAN MICHAELS 30 DAY SHRED



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