

JILLIAN MICHAELS RIPPED IN 30



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RIPPED IN 30

GET RIPPED IN 30 DAYS!

Get RIPPED with America's Toughest Trainer! Jillian Michaels new DVD *RIPPED IN 30* is a comprehensive 30-day diet and exercise plan designed to get you in the best shape of your life!

RIPPED IN 30 is comprised of four 24-minute workouts based on Jillian's best selling body shredding 3-2-1 interval system: 3 minutes of strength, 2 minutes of cardio and 1 minute of abs.

Each incredible routine has fresh, fun new moves that progress in difficulty over a four-week period (a new workout each week). You'll start with workout level 1 and advance to workout level 4. *JILLIAN* also shows modified moves for both beginners and advanced athletes in each workout.

All you have to do to get sick, insane, crazy, amazing results fast is stick with the *RIPPED IN 30* diet and exercise program for 30 days. GET READY TO GET RIPPED.

3 MINUTES
OF STRENGTH

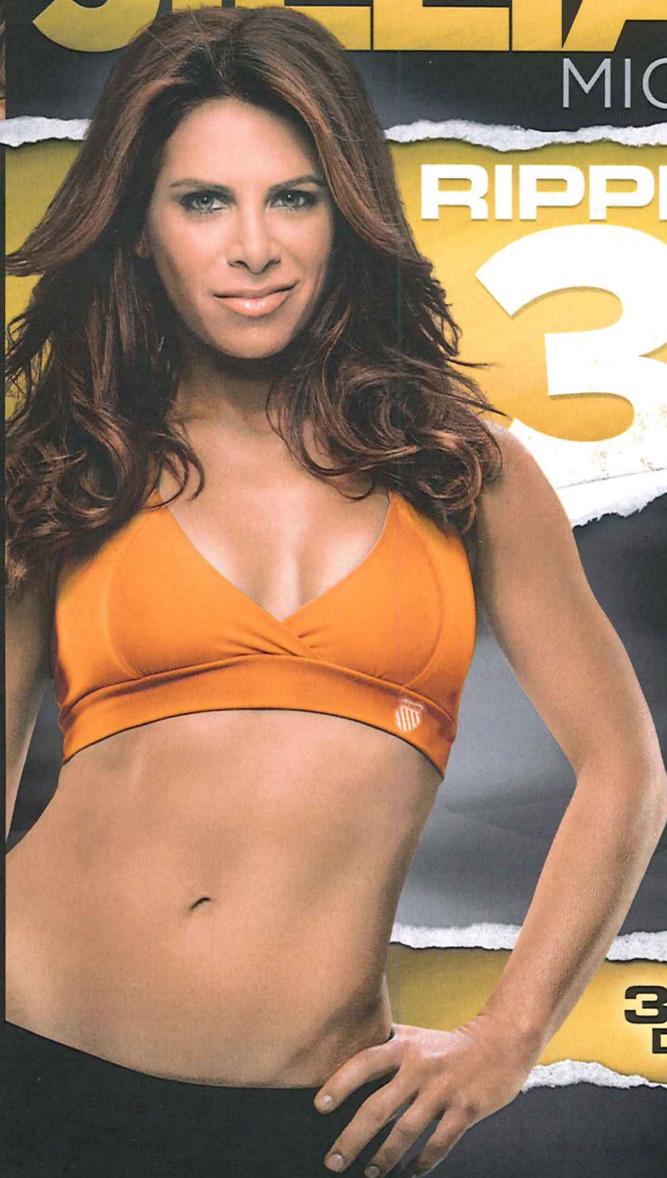
2 MINUTES
OF CARDIO

1 MINUTE
OF ABS

Read an excerpt from
Jillian's new book
*Unlimited: How to Build
an Exceptional Life*



JILLIAN
MICHAELS
RIPPED IN
30



4 **4** WEEKS
INCREIBLE
WORKOUTS
TO GET YOU IN
INSANE SHAPE

JILLIAN'S
BEST-SELLING
3-2-1
INTERVAL SYSTEM
MIXING CARDIO,
STRENGTH & ABS

INCLUDES
30-DAY
DIET PLAN
ONLINE!

EMPOWERED
MEDIA

05-58076



An
EMPOWERED
MEDIA
Production

Feature Run Time Approx. 136 Minutes Color/NTSC/Stereo 05-58076

Widescreen 16:9

This disc is compatible with all DVD players displaying these symbols.



Official
Partner

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