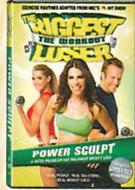


THE BIGGEST LOSER THE WORKOUT LOSER

You've seen the amazing weight loss achieved on NBC's hit show. Now you can join "THE BIGGEST LOSER" trainers, Bob, Kim and Jillian, for a cardio workout that delivers their famous fat-burning results. Maximize your success by following the 6-week program that begins with Level 1 and, as you progress, adds on Levels 2 and 3. In no time, those extra pounds will disappear and your body will transform before your eyes. So what are you waiting for? Start losing today!



Add
**THE BIGGEST LOSER:
POWER SCULPT**
to Your Workout
for Even
Greater Results!

CUSTOMIZE YOUR WORKOUT!

WARM-UP (5 Minutes)

Get your heart pumping and your muscles warm with Bob's energizing stretches and stress-relieving moves.

CARDIO LEVEL 1 (20 Minutes)

Rev up your fat-burning engine with Bob's boot-camp workout that challenges every major muscle for a total-body slim down.

CARDIO LEVEL 2 (10 Minutes)

Pump up your heart rate and incinerate fat as you take your cardio up a notch with Jillian's explosive super-cardio drills.

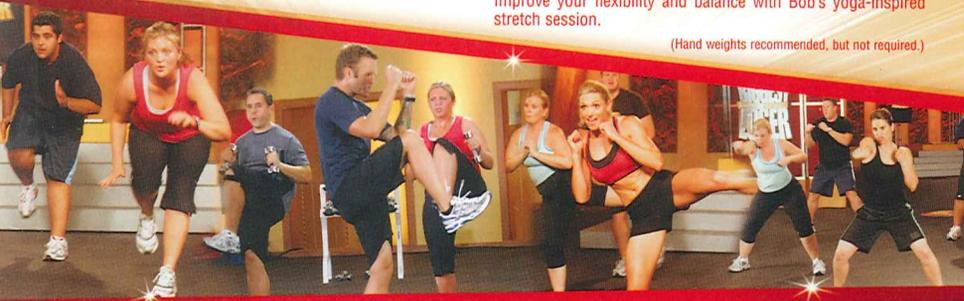
CARDIO LEVEL 3 (10 Minutes)

Kickbox your way to maximum weight loss with Kim's super-charged workout that takes fat-burning cardio to the next level.

COOL-DOWN (5 Minutes)

Improve your flexibility and balance with Bob's yoga-inspired stretch session.

(Hand weights recommended, but not required.)



BONUS FEATURES*

- Custom Workout Option • Maximum Results Program
- Inspirational Stories • Music Only Option • 2.0 Dolby Digital Audio

*Not Rated

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EXERCISE ROUTINES ADAPTED FROM NBC'S HIT SHOW

THE BIGGEST LOSER THE WORKOUT LOSER

CARDIO MAX



CARDIO MAX

6-WEEK PROGRAM FOR MAXIMUM WEIGHT LOSS

INCLUDES
LEVELS 1, 2 & 3
WORKOUTS

REAL PEOPLE. REAL SOLUTIONS.
REAL WEIGHT LOSS!

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