

# JILLIAN MICHAELS BODY REVOLUTION™

## PHASE 1: IGNITE

### IGNITE YOUR WEIGHT LOSS WITH JILLIAN MICHAELS!

This program from Jillian Michaels, America's toughest trainer, will put you on the fast track to weight loss with a metabolic makeover.

#### WORKOUT 1 (WEIGHTS)

Start off strong with basic moves that target "front of the body" muscles like chest, shoulders, arms, quads and core! This workout is about building balance and core strength in order to burn calories and prep your body for the upcoming workouts. Your body and light weights provide the resistance. Low impact cardio bursts make this a non-stop fat burner.

#### WORKOUT 2 (WEIGHTS, RESISTANCE CABLE)

Continue building your foundation with classic "back of the body" moves that work your back, biceps, glutes, hamstrings and core using weights, a resistance cable and your own body weight. Like Workout 1, strength, balance and stability are the goal as you burn mega calories.

#### WORKOUT 3 (WEIGHTS, RESISTANCE CABLE)

Ratchet up the intensity with high-energy sculpt moves using weights and a resistance cable for super sculpting and mega-fat melting. A real "front of the body" challenge.

#### WORKOUT 4 (WEIGHTS)

This "back of the body" workout introduces more plyometrics and traditional athletic drills, using weights, for superior sculpting and a dramatically spiked calorie burn.

#### CARDIO WORKOUT

Low impact cardio moves for "extra credit" calorie burn that leaves you lean and mean.

**5  
WORKOUTS  
ON 1 DVD**



**EMPOWERED**  
MEDIA



**GAIAM**  
live 2 learn 1 grow

Running Time: Approx. 150 Minutes. Color/NTSC/Stereo  
1.78:1 Anamorphic. This disc is compatible with all DVD players displaying these symbols.



**DOLBY**  
DIGITAL

**DVD**  
VIDEO

**1:78:1**  
Anamorphic

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# Jillian Michaels Body Revolution Fitness Guide

**RD Boyd**



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