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The Biggest Loser Fitness Program: Fast, Safe, and Effective Workouts to Target and Tone Your Trouble Spots--Adapted from NBC's Hit Show!

The Biggest Loser Experts and Cast, Maggie Greenwood-Robinson

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Thanks to *The Biggest Loser*, NBC's unscripted hit show, dozens of overweight contestants have improved their health with dramatic weight-loss transformations. Thousands of inspired fans of the show have undergone personal weight-loss journeys, using the tools and tips provided by the show's experts and medical professionals.

Now, the workout moves used by the show's trainers to train and tone the Biggest Losers on television are available for you to use at home or in the gym. The trainers will reveal:
-The most efficient and effective move for a toned belly
-Time-saving workouts designed for today's busy schedules
-Beginner and advanced modifications
-Sensible and real-life eating advice from the show's nutrition experts

Not all of us can be on television, but everyone can use this fitness program for improved health and weight loss. Complete with advice from the Biggest Losers themselves and built-in motivation from the show's trainers and experts, *The Biggest Loser Fitness Program* - by The Biggest Loser Experts and Cast with Maggie Greenwood-Robinson, PhD. - will inspire you to fight fat and beocme the biggest loser!

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