

[PDF] Making The Cut: The 30-Day Diet And Fitness Plan For The Strongest, Sexiest You

Jillian Michaels - pdf download free book



Books Details:

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Author: Jillian Michaels
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Description:

From Publishers Weekly Michaels, who gained recognition as a trainer on NBC's *The Biggest Loser*, pushes to get you in "the best shape of your life." Assuming you are already in fairly decent shape, if you have 20 or less pounds to shed and are willing to make the commitment, Michaels promises to have readers "feeling comfortable running in a bikini." Determining body fat percentage and taking a "fit test" is par for the course in this sort of book. What separates Michaels' program is

that she bases the diet on whether a person is a "slow oxidizer, balanced oxidizer, or fast oxidizer." The idea is that slow oxidizers require more carbs, while fast oxidizers need higher percentages of protein. Michaels provides three different sets of menus and recipes (she claims that there is sound science behind this, but don't expect to see helpful footnotes quoting clinical studies). The majority of the book is list-like and not invigorating to read. A glut of trainer-driven fitness books seem to be hitting stands lately; this one only stands out if you accept her notion of oxidizing.

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Review "*Making the Cut* by fitness trainer Jillian Michaels is the perfect book to get you in the best shape of your life."

-*Complete Woman*

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