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Banish Fat, Boost Metabolism by Jillian Michaels is one of three of her DVD fitness series which include 30-Day Shred and No More Trouble Zones. This 40-minute circuit training workout DVD promises to help you incinerate fat while revving up your metabolism ensuring that you'll lose five pounds in just one week - all from your living room floor.

Jillian Michaels Banish Fat Boost

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The Jillian Michaels Paleo/Gluten free nutrition plan provides optimized phytonutrients, fiber, and clean protein combinations to ensure you get incredible results. Jillian and her team of chefs and registered dietitians crafted this plan to boost energy, maintain muscle, and optimize fat burning.

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