



Commando Steve: No Excuses!

Steve Willis

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This book is so tough it needs a bullbar!

There's big. There's big and strong. There's big and strong and fit. And there's Steve Willis.

Steve Willis, aka Commando Steve, is the uncompromising, unsmiling, military-style trainer on Channel Ten's massively popular show, *The Biggest Loser*. Commando Steve is also a much sought-after coach in the CrossFit program and a world-class CrossFit athlete, who was ranked 4th in the gruelling 2009 International CrossFit Games in California.

Discover the man behind the sunglasses in this fascinating autobiography. Commando Steve describes his early athletic prowess, his time as a real-life commando in 4RAR and how he came to be on *The Biggest Loser*. He also reveals what makes CrossFit such a hi-octane, dynamic and effective training program and demonstrates nine fundamental exercises that will forge elite fitness.

Ramp up your motivation, think like a champion and learn from a master coach. From now on there are *No Excuses!*

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