



Commando Steve: No Excuses

Steve Willis

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Discover the man behind the sunglasses in this fascinating autobiography

There's big. There's big and strong. There's big and strong and fit. And then there's Steve Willis. Steve Willis—aka Commando Steve—is the uncompromising, unsmiling, military-style trainer Australia's *The Biggest Loser*. Commando Steve describes his early athletic prowess, his time as a real-life commando in the Royal Australian Regiment, 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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