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Jackie Burgmann, author of "Hot at Home" - The Transformation Solution for People Who Hate The Gym. When it comes to getting an intense workout, the first thing people usually think is that it's time to head to a ... Skip the gym and try my comprehensive home workout program that will help you lose weight and get in the best shape of your life. The Transformation Solution for People Who Hate The Gym. Learn how to get Hot Fit Body at HOME! Nov 3, 2015 · skinny fat solution. skinny fat epidemic. skinny fat solutions. In each case, these people ended up significantly heavier—15 to 20 pounds—than when they started their transformations. And that's because muscle is very dense ...