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The Biggest Loser Couples Celebrate Their Weight Loss Success

As the “Biggest Loser” couples enjoyed Multi Grain Cheerios on the patio, Alison approached them with news of a makeover. A limo arrived to transport them to the store where they spent their \$1,000 on new clothes. While Daris, Sunshine, Sam and Ashley shopped together, poor Mike shopped alone in a store with bigger sizes. Although he’d lost over 180 pounds, he still had a ways to go in order to catch up with his fellow competitors, so the shopping spree didn’t cheer him up as much as it did the others. He discovered clothes he liked, but he still couldn’t fit into them, which left him frowning.

After shopping for new, smaller clothes, the “Biggest Loser” couples proceeded to the salon for a new hairstyle to go with their new wardrobe. Then they left the salon to meet Alison. Alison directed them to the mirrors. As each of them admired their new look, the mirrors opened and revealed a couple of their family members. To add to the celebration, Alison introduced the couples and their family members to Ashanti, a Grammy award winning singer/songwriter, actress and author. Ashanti performed an emotional song the “Biggest Loser” couples could relate to.

Climbing Jacobs Ladder

For this week’s physical challenge, the contestants climbed the Jacobs Ladder that was suspended in the air above water. The first contestant who fell in the water received a 1-pound penalty at the weigh-in, and the last remaining contestant on the Jacobs Ladder won a 1-pound advantage at the weigh-in.

After only three minutes, Ashley fell into the water and received the 1-pound penalty. Five minutes later Mike fell, and then 45 minutes after Mike, Sunshine fell. It came down to Koli, Sam and Daris. 55 minutes past when Sam lost his footing on the last rung and fell into the water. Koli and Daris remained on Jacobs Ladder for quite a long time. It appeared as if both of them could last all night, but after 2 1/2 hours, Daris was so tired he gave up, giving Koli the win and the 1-pound advantage at the weigh-in.

Subsequent to the Jacobs Ladder challenge, the “Biggest Loser” couples joined Bob and Jillian outside. As they always do, the couples filled the trainers in on the challenge and winner. Daris admitted he was disappointed in himself for giving up. Bob determined Daris wasn’t lacking physical ability to complete the challenge; he lacked the mental ability, and Daris agreed, because he said he thought he could’ve lasted all night.

Testing Mental Strength

During Last Chance Workout, Jillian knew Ashley had the 1-pound disadvantage and wasn’t ready to see her go home just yet, so she trained Ashley hard to keep her from falling below the yellow line. Meanwhile, Bob felt Daris was giving up, so after a motivational chat with Daris, Bob gave him a tough workout that tested his mental strength more than his physical.

As the “Biggest Loser” couples headed to the weigh-in, Koli felt confident. In fact, his confidence was so high he thought he could survive the weigh-in even if he hadn’t won the advantage at the challenge. Was Koli too sure of himself?

- Koli lost 15 pounds for a total percentage of 6.18 percent (with the 1-pound advantage).
- Mike lost 9 pounds for a total percentage of 2.62 percent.
- Daris lost 9 pounds for a total percentage of 4.21 percent.
- Sunshine lost 9 pounds for a total percentage of 4.81 percent.
- Sam lost 2 pounds for a total percentage of .83 percent.
- Ashley lost 10 pounds for a total percent of 3.63 percent (with the 1-pound penalty).

As usual, the two contestants up for elimination (Sam and Mike) told their fellow competitors why they wanted to remain on the “Biggest Loser” ranch. Then the “Biggest Loser” couples headed to the elimination room. Because the vote ended up being a tie, the contestant with the lowest percentage of weight loss went home, and that contestant was Sam.

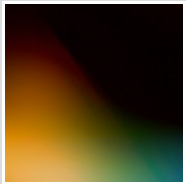
Update: To-date Sam has lost a total of 136 pounds.

(By Misti Sandefur for CalorieLab Calorie Counter News)

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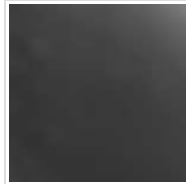
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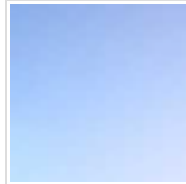
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