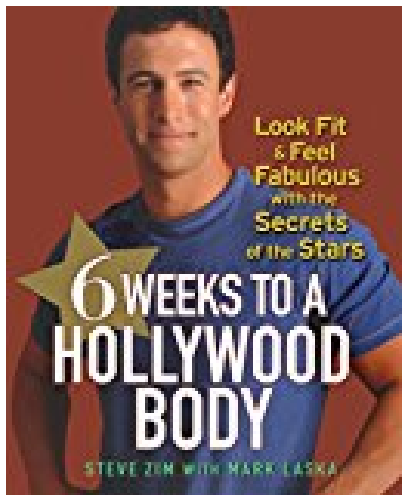


# 6 Weeks to a Hollywood Body Look Fit and Feel Fabulous with the Secrets of the Stars

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## BOOK DETAILS

- Author : Steve Zim
- Pages : 240 Pages
- Publisher : Wiley
- Language : English
- ISBN : 0470098228

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## BOOK SYNOPSIS

As featured in SELF and on Weekend Today "Steve Zims plan helped me drop my body fat more quickly than with any other program Ive ever tried. I couldnt be more pleased." --Jessica Biel, star of The Illusionist In 6 Weeks to a Hollywood Body, the top Hollywood trainer and Weekend Today show fitness expert Steve Zim unlocks the secrets of the stars and shows you how to have a Hollywood body of your own. Want to add shape and strength to your legs? Have a great butt? Make your back and arms stronger and leaner? Develop an amazing chest or breasts? After youve completed the easy-to-follow Hollywood Body program in six short weeks, youll be runway ready for your grand entrance and youll look amazing and feel healthier and happier than ever before. In this book, Steve Zim reveals the three keys to his Hollywood Body system: HOLLYWOOD NUTRITION: The easy and effective Hollywood Body way to supercharge your metabolism with protein, good carbs, and good fats HOLLYWOOD HEART: Ramp up your cardio health and melt away fat and inches the Hollywood Body way HOLLYWOOD SCULPT: A revolutionary set of all-new Hollywood Body exercises designed to sculpt and reshape your muscles This proven program works no matter what your body type is. So get started--your Hollywood body awaits you!

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