



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

By Steve Zim

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As featured in SELF and on Weekend Today

""Steve Zim's plan helped me drop my body fat more quickly than with any other program I've ever tried. I couldn't 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 you've completed the easy-to-follow Hollywood Body program in six short weeks, you'll be runway ready for your grand entrance and you'll 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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Editorial Review

Review

Despite its tabloid-ish title, this book contains detailed workouts designed to create a toned figure. Using a few simple props (stability ball, dumbbells, a chair), Zim takes readers through upper body, lower body and abdominal workouts that are described in detail and illustrated with photos. Although many may be familiar, some are tweaked to get the most out of the exercise. The Hollywood Kickout, for example, works the inside and outside of the triceps by slightly twisting the dumbbell and isolating the muscle. That, says Zim, is what gives triceps that nice line of definition. The goal is to create the sculpted but symmetrical physique so many stars possess these days. "Most people plan their workouts around what I call mirror muscles," says Zim, referring to the front half of the body most people see in the mirror. "For a lot of people, their backs and rear deltoids are not in balance with the front."

Zim, who owns a gym in Culver City, has trained Jessica Biel and Ashley Judd, and says he understands why people covet celebrity bodies: "They have the wow factor," he says. ("Los Angeles Times," March 27, 2006)

From the Inside Flap

In my business, it is essential that you look fantastic. When I started working with Steve, I started seeing changes, and those changes inspired me to go even further. If you can make this part of your routine, you can experience and rejoice in the real and lasting results that have changed your life." - Liza Snyder, actress, Yes, Dear and Jesse

After just one Hollywood Body workout, you feel a difference. Three workouts, and you see a difference. In two weeks, your friends and loved ones start making comments about how good you look. After you've completed the six-week Hollywood Body program, you are runway-ready for your grand entrance- you look amazing and you feel healthier and happier than ever.

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 adopt the Hollywood Body mindset (and the body to go with it) as your own. And you don't need thousands of dollars, your own personal trainer, or a limo to drive you to the gym. Want to add shape and strength to your legs? Develop a great butt? Make your back and arms stronger and leaner? Have a chest or breast to die for? In six short weeks, you'll have it all.

Zim reveals the three keys to the Hollywood Body system:

HOLLYWOOD NUTRITION: An easy and effective Hollywood-Style way to supercharge your metabolism by determining how much protein you need each day as well as how many good carbs and what kind of good fats you can enjoy.

HOLLYWOOD HEART: Ramp up your cardio health and melt away fat and inches by determining what the best Hollywood cardio exercise is for you, then establish how long and how often you should do cardio training.

HOLLYWOOD SCULPT: A revolutionary set of Hollywood-style exercises designed to sculpt and reshape your muscles from their deepest points, illustrated by more than 100 black-and-white photographs.

If you think you're too old, too overweight, or too out of shape to develop a Hollywood body, think again. This proven program is fully customized and works for anyone with any of the three major body types. If

you follow the plan, it will work for you, too. You can complete the Hollywood Body program in the privacy of your own home, but soon you'll want to step out and strut your brand-new better stuff!! In no time, you'll look forward to going to the beach or the gym, feel eager to take part in physical activities with your kids or friends, and achieve a level of self-confidence and relaxation that you never thought possible.

The message of 6 Weeks to a Hollywood Body is that changing your body will change your entire life. All it takes is six weeks to a new you.

From the Back Cover

As featured in *SELF* and on *Weekend Today*

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Users Review

From reader reviews:

Orlando Hernandez:

In this 21st millennium, people become competitive in every single way. By being competitive today, people have to do something to make all of them survive, being in the middle of the actual crowded place and notice simply by surrounding. One thing that at times many people have underestimated the idea for a while is reading. Yes, by reading a book your ability to survive increases then having chance to remain than other is high. In your case who want to start reading a book, we give you this specific 6 Weeks to a Hollywood Body: Look Fit and Feel Fabulous with the Secrets of the Stars book as nice and daily reading guide. Why, because this book is greater than just a book.

Bobbi Gonzales:

Now a day people that Living in the era where everything reachable by match the internet and the resources included can be true or not call for people to be aware of each data they get. How a lot more to be smart in receiving any information nowadays? Of course the answer then is reading a book. Reading through a book can help men and women out of this uncertainty Information specifically this 6 Weeks to a Hollywood Body: Look Fit and Feel Fabulous with the Secrets of the Stars book because book offers you rich info and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it everybody knows.

Benjamin Manno:

This 6 Weeks to a Hollywood Body: Look Fit and Feel Fabulous with the Secrets of the Stars are generally reliable for you who want to become a successful person, why. The explanation of this 6 Weeks to a Hollywood Body: Look Fit and Feel Fabulous with the Secrets of the Stars can be one of the great books you must have is definitely giving you more than just simple reading through food but feed anyone with information that might be will shock your previous knowledge. This book will be handy, you can bring it just about everywhere and whenever your conditions throughout the e-book and printed kinds. Beside that this 6 Weeks to a Hollywood Body: Look Fit and Feel Fabulous with the Secrets of the Stars forcing you to have an enormous of experience for instance rich vocabulary, giving you tryout of critical thinking that we know it useful in your day activity. So , let's have it appreciate reading.

Scott Burnett:

Many people said that they feel uninterested when they reading a e-book. They are directly felt it when they get a half portions of the book. You can choose the book 6 Weeks to a Hollywood Body: Look Fit and Feel Fabulous with the Secrets of the Stars to make your current reading is interesting. Your skill of reading expertise is developing when you including reading. Try to choose basic book to make you enjoy to learn it and mingle the feeling about book and studying especially. It is to be initial opinion for you to like to open up a book and read it. Beside that the e-book 6 Weeks to a Hollywood Body: Look Fit and Feel Fabulous with the Secrets of the Stars can to be your friend when you're sense alone and confuse using what must you're doing of their time.

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