



Achieve  
the Body  
You've Always  
Wanted

The 30-Minute  
**Celebrity Makeover  
Miracle**

**Steve Zim**

author of *6 Weeks to a Hollywood Body*

with Steve Steinberg

# The 30 Minute Celebrity Makeover Miracle Achieve The Body Youve Always Wanted

**Cornel Chin**



## **The 30 Minute Celebrity Makeover Miracle Achieve The Body Youve Always Wanted:**

**The 30-Minute Celebrity Makeover Miracle** Steve Zim, Steve Steinberg, 2008-01-07 Wouldn't you love to have the body of a movie star without spending countless hours working out to get there? Top Hollywood trainer and Weekend Today fitness expert Steve Zim shows you how to sculpt a phenomenal physique faster and easier than you ever thought possible. In just thirty minutes a day three times a week, Zim's revolutionary combined cardio and weight training program will help you ramp up your metabolic rate, burn fat faster than conventional workouts, and produce the body of your dreams. *Los Angeles Magazine*, 2003-11

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**Star Quality** Rob Parr, Laurel House, 2008-10-24 If you've ever wanted to know how Madonna and Naomi Watts sculpt their sexy bodies, celebrity trainer Rob Parr shares their workouts in *Star Quality: The Red Carpet Workout for the Celebrity Body of Your Dreams*. Choose your coveted body type based on the celebrity examples, follow Parr's proven workout regimen, and achieve lasting results in only 90 days. The workouts are easy to follow with varied routines to prevent boredom, and the book includes celebrity secrets, motivational tips, and Hollywood stories for a fun and interactive approach to fitness. 6

**6 Weeks to a Hollywood Body** Steve Zim, 2007-01-01 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. **The Ultimate New York Body Plan** David Kirsch, 2005 The breakthrough diet and fitness system that sheds pounds and reshapes your body fast.

**The A-List Workout** Alyssa Shaffer, 2007-02-01 Fitness magazine's Alyssa Shaffer takes readers inside Hollywood's top gyms and fitness spas to get the inside scoop. Each chapter focuses on a

different goal and the actual exercise regimens An exclusive 12 week workout plan designed by Shaffer a certified trainer combines the best techniques in the text      **Celebrity Slimming Secrets** Adele Parker,2003 How many times have you ogled the figures of the rich and famous and wished that you too could achieve that perfect body how often have you wondered how the world s biggest celebrities keep gorgeous and in trim This book is full of all those secrets you ve always wanted to know including Michelle Pfeiffer s exercise regime Liz Hurley s slimming recipes just how Geri Halliwell lost so much weight how Brad Pitt has created a body to die for and Jennifer Aniston s wardrobe tips for looking slim      *Kathy Kaehler's Celebrity Workouts* Kathy Kaehler,2005 A celebrity fitness expert shares her workout secrets and the body sculpting and fat burning strategies she uses to get her clients in shape introducing seven thirty minute workouts along with healthy recipes and fitness tips      Celebrity Body on a Budget Cornel Chin,2010 Celebrity Body on a Budget unlocks the keys to low cost or no cost exercise solutions As a gym member you ll spend an average of 3% of your annual salary on the cost of your yearly membership For many people this is a high cost that can no longer be afforded or justified With Celebrity Body on a Budget you can still achieve that drop dead gorgeous celebrity body you ve always admired and desired without having to break the bank With over twenty years of experience in the field of fitness Cornel Chin has used his unique training methods to train the likes of Leonardo DiCaprio Colin Firth Audrey Tautou and Tilda Swinton      ,      **Red Carpet Workout** Jordan Paramor,Joe Fournier,2009-04-16 Do you want to shift the bulge and still indulge Do you want to lose weight but still have a life Do you have a big event looming that you need to shape up for fast All big stars train for their red carpet moments now in just 6 weeks you can train for yours And still have fun The Red Carpet Workout fronted by celebrity and sporting trainer Joe Fournier is not just a quick fix diet it s a way of life The book brings together all the experience tough love and motivational tips Joe uses to get A listers into top shape he will show you how to get fab results quickly Losing weight doesn t have to be all about eating mung beans and doing stomach crunches we all know that in the real world no one carries a tupperware box full of carrot sticks This book will be no nonsense fun guide to shaping up and still treating yourself and includes insider Secrets from A listers exercises that tackle specific body parts like A List abs Oscar arms and Bafta bum and a champagne shape up that allows you to drink and still shift pounds You can get the hot body you have always wanted but just been too lazy to make happen

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## **The 30 Minute Celebrity Makeover Miracle Achieve The Body Youve Always Wanted Introduction**

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