

The Ultimate New York Body Plan

Copyright © McGraw-Hill

\$21.95 USA
\$21.95 CAN / £11.99 UK

**YOU DON'T NEED LIPOSUCTION
OR PLASTIC SURGERY TO
GET A BETTER BODY**

YOU NEED TWO WEEKS!

In order to meet the demanding workout schedule of TV's "Extreme Makeover" David Kirsch crunched his famous six-week training course into a 14-day, high-intensity program. The result is *The Ultimate New York Body Plan*, Kirsch's proven formula of nutrition and exercise streamlined to make slimming down and toning up in just two weeks a reality for you.

The Ultimate New York Body Plan is specially designed for rapid weight loss and instant muscle toning—just the kind of quick-change body shaping you need when a class reunion, a family function, or swimsuit season is only weeks away.

THE ULTIMATE NEW YORK BODY PLAN INCLUDES

THE ULTIMATE DIET: This perfect combination of nutrition and exercise lays out food plans day-by-day so there's no confusion about what to eat, when to eat it, and how to fuel your body so that muscles are burning calories—even after you finish your workout.

THE ULTIMATE WORKOUT: Simple, muscle-toning exercises and step-by-step routines are integrated into a day-by-day, two-week program that targets specific areas while boosting overall strength and energy.

(continued on back flap)
Copyright © McGraw-Hill

[The Ultimate New York Body Plan_ 下载链接1](#)

著者:David Kirsch

出版者:McGraw-Hill

出版时间:2004-9

装帧:HRD

isbn:9780071446495

A fast and proven two week program for the ultimate body transformation David Kirsch, personal trainer and a fitness guru of the TV show "Extreme Makeover," has whipped into shape some of the most famous bodies in America. Supermodels Heidi Klum and Linda Evangelista, as well as celebrities such as Liv Tyler, have turned to David Kirsch for his foolproof training regimen when they needed to get to their level of optimum fitness--fast. Now in The Ultimate New York Body Plan, Kirsch shows you how to burn fat and get fit in only two weeks--just in time for that class reunion or anniversary cruise.

作者介绍:

目录:

[The Ultimate New York Body Plan_下载链接1](#)

标签

健康

个人管理

评论

[The Ultimate New York Body Plan_下载链接1](#)

[The Ultimate New York Body Plan_下载链接1](#)