

Body Express Makeover



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Celebrity-fitness guru Michael George reveals his revolutionary fitness program that will help you lose weight and get in shape in record time. Do you want to melt off the extra pounds before showing up at your high school reunion? Walking down the aisle? Hitting the beach? We all have reasons for wanting to lose weight, but no one wants to spend a lot of time exercising or waiting to see results. That's why so many celebrities know to call on Michael when they need to drop a dress size for a special event or get fit for an upcoming role. Now, with Body Express Makeover, Michael brings you the same program he uses in Hollywood: a series of 2-in-1 Total Body Workouts, which blend the best of Pilates, yoga, martial arts, strength training, aerobics, and interval training. * Jump-start your fitness strategy In less than thirty minutes a day, you'll * start to see changes in your body -- in as little as two weeks. * Follow a sensible fat-blasting nutritional program that will never leave you hungry. * Achieve maximum fitness results with personalized exercises -- all fully * photographed with easy-to-follow instructions -- right in your very own home. Body Express Makeover offers something for everyone regardless of age, gender, fitness level, and time commitment. Start today

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