

The 30 Minute Celebrity Makeover Miracle Achieve The Body Youve Always Wanted By Zim Steve 2008 Hardcover

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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-trainin. Wouldn't you love to have the body of a movie star without spending countless hours working out to get there?

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The 30-Minute Celebrity makeover; Review : Full disclosure - my husband wrote the book with Steve Zim (he's the other Steve, whose name appears at the bottom of the front cover in small print!). Having read it many times in draft and edited formats, I can say it's a very sensible and easy-to-follow guide to getting in shape. I have heard from ...

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three days a week. I call it the 30-Minute Celebrity Makeover Mira- cle,and it's the ten-week program that I've used to transform celebri- ties and noncelebrities alike. How did this whole thing come about? In the late eighties, I was a student at Boston College. My father had a doctor friend who was using cutting-edge infrared technology

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