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Steve Zim has been a professional trainer in Los Angeles for nearly three decades. He has trained many professional athletes and A-list celebrities, helping them improve performance and get in shape to play challenging physical roles. During his career Zim has learned which nutrition strategies work best to help you get in shape quickly and maintain your new condition for life. Superhero Nutrition provides an easy-to-follow program that will allow you to get into the best shape of your life and maintain it. Superhero Nutrition is a two-part system: Part 1) You can integrate your current food choices into Superhero Nutrition. If you are vegan, Paleo, or follow Weight Watchers or South Beach etc., or if you have food allergies, intolerances or ethical or religious restrictions, your nutrition program will work with this system. Part 2) Zim also provides a detailed daily nutrition guide you can choose to follow, telling you what to eat and when. There is also a 54-page recipe guide that covers healthy breakfast, lunch, dinner and dessert options. Included is a chapter on exercise that provides you with a 3-day-a-week lifting and cardio program. The success of this program has already been demonstrated by BuzzFeed personalities, whose "We Trained Like Superheroes for 30 Days" video went viral. <https://www.youtube.com/watch?v=okM30YaB0Gg>

As featured in SELF and on Meekend 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!

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.

This program has helped thousands of women build their best bodies ever. Will YOU be next? What if you could build that hot "Hollywood body" without having your life revolve around it? What if you didn't have to starve yourself, put in long hours at the gym, or do grueling cardio sessions that turn your stomach? What if you could eat all of the foods you actually like and do muscle-building workouts that you actually enjoy? Imagine waking up every morning, looking in the mirror, and feeling downright excited by your reflection. Imagine being able to proudly wear the clothes you really want to wear and take them off with confidence. Well, you can have all of these things, and it's not nearly as difficult or complicated as you probably think. The Year One Challenge for Women is a workout journal companion to the bestselling women's fitness book Thinner Leaner Stronger, and it contains a full year's worth of workouts neatly organized so you can record, track, and review your progress toward the body you've always wanted. With this program, you can melt away up to 35 pounds of fat—including stubborn hip, belly, and thigh fat—add lean muscle to all the right places on your body, and double or even triple your whole-body strength. And that's just year one! So, if you're ready to build muscle definition and lose stubborn fat faster than you ever thought possible, scroll up, buy this journal today and start your journey to a thinner, leaner, and stronger you!

A self-published phenomenon examining the habits that kept our ancestors disease-free-now with a prescriptive plan for "The Human Diet" to help us all live long, vital, healthy lives. Physician and biochemist Cate Shanahan, M.D. examined diets around the world known to help people live longer, healthier lives—diets like the Mediterranean, Okinawa, and "Blue Zone"—and identified the four common nutritional habits, developed over millennia, that unfailingly produce strong, healthy, intelligent children, and active, vital elders, generation after generation. These four nutritional strategies—fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats—form the basis of what Dr. Cate calls "The Human Diet." Rooted in her experience as an elite athlete who used traditional foods to cure her own debilitating injuries, and combining her research with the latest discoveries in the field of epigenetics, Dr. Cate shows how all calories are not created equal; food is information that directs our cellular growth. Our family history does not determine our destiny: what you eat and how you live can alter your DNA in ways that affect your health and the health of your future children. Deep Nutrition offers a prescriptive plan for how anyone can begin eating The Human Diet to: *Improve mood *Eliminate cravings and the need to snack *Boost fertility and have healthier children *Sharpen cognition and memory *Eliminate allergies and disease *Build stronger bones and joints *Get younger, smoother skin Deep Nutrition cuts through today's culture of conflicting nutritional ideologies, showing how the habits of our ancestors can help us lead longer, healthier, more vital lives.

This book has helped thousands of women build their best bodies ever. Will YOU be next? If you want to be muscular, lean, and strong as quickly as possible without crash dieting, good genetics, or wasting ridiculous amounts of time in the gym . . . you want to read this book Here's the deal: Building lean muscle and burning fat isn't as complicated as the fitness industry wants you to believe. This book is the shortcut. You don't need to: Spend hundreds of dollars per month on the worthless supplements, "detoxes," or "skinny teas." Most pills and powders do absolutely nothing. You don't need to: Constantly change up your workout routine to get lean, defined muscles. It's much simpler than that. You don't need to: Waste a couple of hours in the gym every day grinding through grueling workouts. In fact, this is a great way to get nowhere. You don't need to: Slog away at boring cardio to shed ugly belly, hip, and thigh fat. In fact, you probably don't have to do any cardio to get the body you really want. You don't need to: Obsess over "clean eating" and avoiding "unhealthy" foods to get fit. Instead, you can get the body you want eating the foods you love. Those are just a few of the harmful lies and myths that keep gals from ever achieving the lean, toned, sexy, and healthy bodies they truly desire. And in this book you're going to learn something most guys will never know . . . The exact formula of exercise and eating that makes losing 10 to 15 pounds of fat while building lean, sexy muscle a breeze . . . and it only takes 8 to 12 weeks. Here are just a few of the things you're going to discover in this book: The 10 biggest fat loss and muscle-building myths and mistakes that keep women overweight, weak, and frustrated. The 3 scientific laws of lean muscle growth and fat loss that literally force your body to get fitter, leaner, and stronger. You'll be shocked at how easy it really is to build lean muscle and lose fat once you know what you're doing. How to create flexible diet plans that help you transform your body composition eating the foods you love—without ever feeling starved, deprived, or like you're "on a diet." A paint-by-numbers training system that will help you add lean muscle to all the right places and get sexy, athletic curves . . . spending no more than three to six hours in the gym every week . . . doing challenging, fun workouts you enjoy. A no-BS guide to supplements that will show you what works and what doesn't, saving you hundreds if not THOUSANDS of dollars each year. And a whole lot more! Imagine . . . just 12 weeks from now . . . being constantly complimented on how great you look and asked how the heck you're doing it . . . Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day . . . The bottom line is you CAN get that "Hollywood babe" body without following boring, bland "bodybuilder" diets or living in the gym. This book shows you how. SPECIAL BONUSES FOR READERS With this fitness book, you'll also get a FREE 56-page reference guide with all of the book's key takeaways, a year's worth of Bigger Leaner Stronger workouts, 10 premade meal plans for cutting and lean bulking, and more! So, scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!

UPDATED JUNE 2016 **Best Rated Bikini Competition Guide on Amazon** Want to enter a bikini competition but not sure where to start? This book is for you! I will walk you through the secrets to success only top competitors know. In this book you will find everything you need to rock the stage and succeed: -8 week training program -3 sample diets -Interviews with industry pros -Posing Tips -Tanning Advice -How to choose a bikini -Make-up Tutorial -Competing as a Breastfeeding Mom -Competition Countdown -And so much more! Plus, you get 2 FREE bonuses: My FREE Meal Prep Guide & Access to our Private Facebook Group

Imagine watching pounds of fat melt away without ever feeling like you're on a diet. Imagine adding lean muscle to all the right places by doing just a few workouts per week that make you strong. And imagine realizing that your health and fitness goals—even the ones you've all but given up on—are finally within your reach. Muscle for Life will show you how. From the bestselling fitness author of Bigger Leaner Stronger and The Shredded Chef, Muscle for Life reveals a science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Based on time-proven principles produced by decades of hands-on experience and thousands of hours of scientific research, Muscle for Life will give you a plan for transforming your body faster than you ever thought possible, including: -Conquering the "mental game" of fitness. Learn to hack your habits, willpower, and mindset so your fitness regimen feels like it's on autopilot. -Harnessing the science of "flexible dieting." A whole new paradigm for eating that empowers you to forever break free of fad dieting, crash dieting, and yo-yo dieting. -Unlocking the power of strength training. The "secret" to optimizing your body composition, which is far more important for your health and image than your body weight. Whether you're a beginner looking for a lifestyle change, a lifelong athlete looking to reach the next level, or somewhere in between, Muscle for Life will show you how to look, feel, and perform your best. And frankly, it may be the last fitness book you'll ever need to read.

In this book the author, a Harvard evolutionary biologist presents an account of how the human body has evolved over millions of years, examining how an increasing disparity between the needs of Stone Age bodies and the realities of the modern world are fueling a paradox of greater longevity and chronic disease. It illuminates the major transformations that contributed key adaptations to the body: the rise of bipedalism; the shift to a non-fruit-based diet; the advent of hunting and gathering, leading to our superlative endurance athleticism; the development of a very large brain; and the incipience of cultural proficiencies. The author also elucidates how cultural evolution differs from biological evolution, and how our bodies were further transformed during the Agricultural and Industrial Revolutions. While these ongoing changes have brought about many benefits, they have also created conditions to which our bodies are not entirely adapted, the author argues, resulting in the growing incidence of obesity and new but avoidable diseases, such as type 2 diabetes. The author proposes that many of these chronic illnesses persist and in some cases are intensifying because of "dys evolution," a pernicious dynamic whereby only the symptoms rather than the causes of these maladies are treated. And finally, he advocates the use of evolutionary information to help nudge, push, and sometimes even compel us to create a more salubrious environment. -- From publisher's web site.

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