The A-List Workout: Top Hollywood Trainers Reveal the Body Shaping Secrets of Their Celebrity Clients by Alyssa Shaffer

Valuable Addition To Your Fitness Library

Want a Hollywood body like Angelina, J. Lo, Jessica, or Uma? Here's the inside scoop!

How do Uma Thurman, Penelope Cruz, and Jennifer Garner manage to look so sleek and sculpted on and off the red carpet? They do it with help from today's top fitness coaches. Now, in The A-List Workout, you can get your own bodacious bod with help from the same trainers behind Hollywood's A-List physiques.

Fitness magazine's Alyssa Shaffer takes you inside Hollywood's top gyms and fitness spas to get the inside scoop. Each chapter of The A-List Workout focuses on a different goal, whether you want flat abs, toned arms, or a buff butt. You get the actual exercise regimens prescribed to the stars--explained step by step--along with their diet and motivation tips. And you get an exclusive 12-week workout plan designed by Shaffer--herself a certified trainer--that combines all the best techniques described in the book.

My Personal Review:
Dont be deceived by the cover! Something about the name and the picture on the front threw me. I thought it might be one of those books of how the celebrity worked out and never really explaining the workout to the reader, just so the author could make a quick buck.

This is very well written with weekly workout routines and every exercise has photos to follow up on. They separate your goal into different routines.
What I love most about this book is that they don't use the default strength training moves! They use band resistance (or tubing) and do different, unique moves to tone the body! This is really a workout you could do at home in your living room. You don't need a treadmill, if you have a nice place to walk and run or jump rope even!

The stars trainers, for example, Mike Alexander (Jessica Simpsons trainer) writes a whole section for abs and the exercises he uses. In another chapter, another trainer writes about the best shoulder toning moves.

I felt like the nutrition section wasn't gimmicky or too hard to follow. They were real in their advice, following a natural whole foods diet with fish and lean meats to get your protein.

All in all, I might have an addiction to buying diet and fitness books, but this is a great one to add to my collection. Especially because I love using the Physioball (think that big, pop resistant workout ball) and resistance tubing!

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