



Red Carpet Workout

By Jordan Paramour, Joe Fournier

Headline Publishing Group. Paperback. Book Condition: new. BRAND NEW, Red Carpet Workout, Jordan Paramour, Joe Fournier, Do you want to shift the bulge and still indulge? Do you want to lose weight, but still have a life? Do you have a big event looming that you need to shape up for - fast? All big stars train for their red carpet moments, now in just 6 weeks, you can train for yours. And still have fun. THE RED CARPET WORKOUT, fronted by celebrity and sporting trainer, Joe Fournier, is not just a quick-fix diet, it's a way of life. The book brings together all the experience, tough love and motivational tips Joe uses to get A-listers into top shape - he will show you how to get fab results, quickly! Losing weight doesn't have to be all about eating mung beans, and doing stomach crunches - we all know that in the real world no one carries a tupperware box full of carrot sticks. This book will be a no-nonsense, fun guide to shaping up and still treating yourself and includes: insider Secrets from A-listers; exercises that tackle specific body parts like 'A-List abs' 'Oscar arms' and 'Bafta bum' and...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

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