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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 "Within
only eight weeks of
working with Steve
Zim, Steven Strait
made a huge change
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menus and nutrition advice, along with detailed instructions for both strength-training and cardiovascular excercises and suggested workout schedules.

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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.

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Introduction

have the body of a movie star without spending countless hours working out to get there? In The 30-Minute Celebrity Makeover Miracle, the 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.

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Celebrity Makeover Miracle: Achieve the Body ...

three days a week. I call it the 30-Minute Celebrity Makeover Miracle, and it's the ten-week program that I've used to transform celebrities 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

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was using cutting-edge
infrared technology

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Give us just five
minutes to debrief you
and when we're done,
your co-workers will
have no idea you spent
the weekend elbow-
deep in candy corn.
photos Celebrities Who
Dressed Up as Other ...

**Monday Cheat
Sheet: Amanda
Bynes' Makeover,
Khloe's ...**

The promo begins
initially showing Clare

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Celebrity
in white dress walking
down the beach, as the
announcer's voice over
says, "Her
Bachelorette journey
began like no other,"
as the 39-year-old then
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