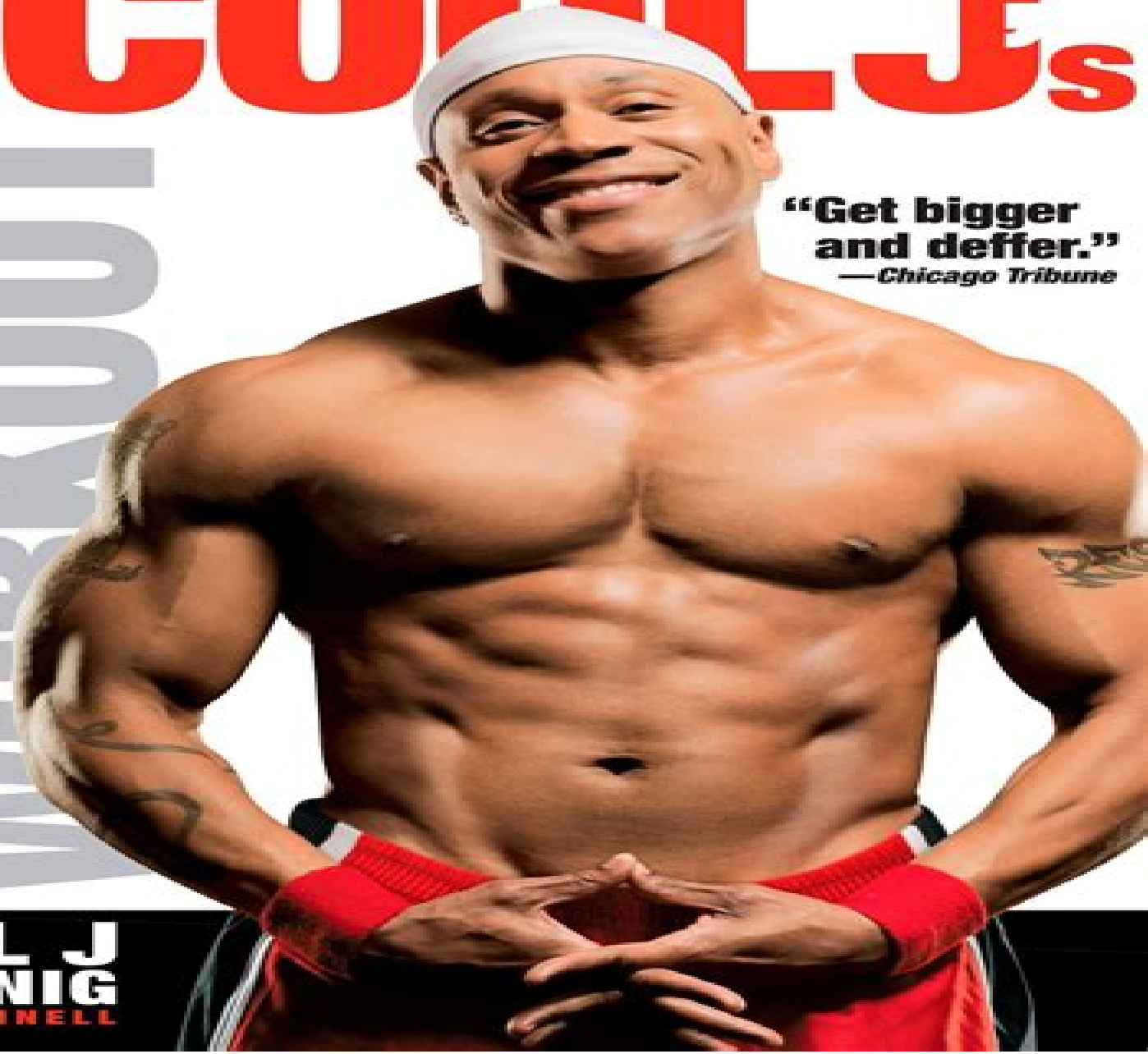


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LL COOL J's

PLATINUM
WORKOUT

**"Get bigger
and deffer."**
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DAVE HONIG
WITH JEFF O'CONNELL

Ll Cool J Workout Guide

M Mosston

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

LL Cool J Workout Guide:

LL Cool J's Platinum Workout LL COOL J,Dave Honig,Jeff O'Connell,2009-04-14 While it may seem impossible to imagine LL Cool J didn't always have a diesel body he chiseled it the old fashioned way with hard work and discipline Together with his longtime trainer Dave Scooter Honig LL developed a revolutionary workout system that not only burns away body fat for good but also built the amazing muscle and flawless physique you see in every one of his latest music videos In *LL Cool J's Platinum Workout* LL let you in on the secrets of his transformation with his uniquely creative yet no nonsense regimen enlivened with humor and sheer force of personality he will inspire you to enjoy working out as never before while building a body you never thought possible LL Cool J and Scooter Honig blend standard free weight lifts plyometrics fighters moves calisthenics endurance training and much more to create what they call their combination platter a highly effective dynamic and diversified total body workout Whether you are just starting a program or looking to get to the next level you can choose from four levels of fitness from Bronze to Platinum including THE BRONZE BODY A 4 week beginners program that will take inches off your waist and boost your energy THE SILVER BODY A 5 week program for intermediates that increases strength while also maintaining muscular and cardiovascular endurance THE GOLD BODY An advanced 9 week program that turns the body into a muscle building fat burning machine complete with six pack abs and as much energy as LL Cool J THE PLATINUM BODY A hard core 3 week fat torching program LL used to prepare for his Control Myself video a new level in ripped to the bone fitness and sex appeal PLUS THE DIAMOND BODY A special 4 week program for women who want to shape up fast for summer or a special event Jam packed with photos of LL demonstrating exercises and complete with meal plans and recipes that will fuel your workouts while promoting fat loss LL Cool J's *Platinum Workout* will transform your body and the way you think about exercise for life

LL Cool J's Platinum 360 Diet and Lifestyle LL COOL J,Chris Palmer,Jim Stoppani,Dave Honig,2010-04-27 Multi platinum Grammy award winning rapper and best selling author LL Cool J shares the secrets to his enviable physique and perhaps even sexier his hard earned contentment and peace of mind His high energy no nonsense program includes a 30 day workout regimen designed to build lean sexy muscles and a breakthrough diet plan that can help you shed up to 20 pounds in just 4 weeks even with weekend cheat meals But what truly elevates the LL Cool J's *Platinum 360 Diet and Lifestyle* is LL's practical easy to follow advice for personal transformation Through self reflection and spiritual guidance he'll show you how to develop your own internal strength giving you the tools and wisdom to transform your life from the inside out It's not just about how to get fit but you can and deserve to be your best self *Men's Health*,2007-01 *Men's Health* magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

Prayfit Jimmy Pena,2010-12-06 From the exercise physiologist of Tyler Perry and Mario Lopez comes PrayFit a whole person fitness system designed to strengthen body and deepen faith At its core PrayFit is about effort giving your best in two areas that are vital to well being faith and fitness The underlying approach is simple Make a daily appointment to spend

quality time with the Lord and to exercise This 28 day plan guides readers of any fitness level to begin a workout routine that can be done at home with little to no equipment to make small but effective changes in their diet and to grow in biblical knowledge and spiritual strength As they follow the specially designed meal plans and workouts readers will see the physical results of their efforts almost immediately and as they reflect on the daily devotional reading contributions from Pastor Jimmy Page VP of Field Ministry and National Director of Wellness for the Fellowship of Christian Athletes and Scripture verses they will begin to understand the eternal dimension of giving their best Living God s promised abundant life isn t only about faith though that s where it starts PrayFit is the best way to claim that promise both inside and out **Jet** ,2004-12-20 The weekly source of African American political and entertainment news **The Motion Picture Guide** ,1993 **Men's Health** ,2007 **TV Guide** ,2006 **Ebony** ,2006-05 *Internet Cool Guide* Internet Cool Guide GmbH,2000 Pinpointing over 500 awesome online resources for favorite offline sports this guide covers professional teams and tours sports scores athletes weekend diversions fitness hiking gear shopping and more Full color illustrations **Billboard** ,2004-10-30 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends *The Publishers Weekly* ,1926 *Work It Out* Madonna Grimes,Jim Rosenthal,2003 Black women tend to have fuller curvier figures than other women Their body types do not necessarily meet the fitness industry standard smaller frames and thinner bodies Having few realistic fitness role models many African American women wind up feeling frustrated about being unable to reduce their curves to match those of the models in the fitness magazines In *Work It Out* fitness expert MaDonna Grimes offers black women a different ideal to work toward one suited to their unique physiques Drawing from her experience as a professional dancer choreographer and fitness competitor Grimes has fashioned a revolutionary program specifically for black women to help them attain their fitness goals and build self esteem Her dynamic innovative plan includes hip hop and Afro Latin dance moves weight training stretching and proper nutrition She also addresses the health issues common to black women such as obesity hypertension and diabetes and explains how they can be avoided with proper nutrition and exercise MaDonna Grimes fresh approach is long overdue *Work It Out*promises to deliver personal power optimal health and the beautiful body that only a black woman can achieve

Scott Tinley's Winning Guide to Sports Endurance Scott Tinley,Ken McAlpine,1994 Three time world series champion triathlete Scott Tinley shows endurance athletes how to train smarter get stronger compete harder In this guide to sports endurance three time World Series champion triathlete Scott Tinley shows endurance athletes how to train smarter get stronger and compete harder *Billboard* ,2004-11-06 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends

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