



# The Action Hero Body: The Complete Workout Secrets from Hollywood's Top Trainer

*Jorgen de Mey*

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Trainer to the stars Jørgen de Mey reveals the unique program he has used to transform the bodies of action-hero film stars Angelina Jolie, Ben Affleck, and many other superstars

When movie producer Jerry Bruckheimer needs an actor to get physically prepared for a role in one of his adventure films (Black Hawk Down, Armageddon, Pearl Harbor) the first thing he does is call Jørgen de Mey. The results de Mey produces in a short amount of time are astonishing. Now this legendary trainer--convinced that his "action-reaction" method of nutrition and physical training can help any healthy person reach his or her personal best--details a three-stage workout that in just 3 weeks will start to show positive changes: more endurance, increased strength, weight loss, signs of a more muscular body, and better cardiovascular output. De Mey's unique sequencing of workouts combined with his focus on "clean" foods and a special, protein-rich diet will have readers action hero fit with a blockbuster body in no time.

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A lot of people always spent all their free time to vacation or perhaps go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity this is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day every day to reading a book. The book The Action Hero Body: The Complete Workout Secrets from Hollywood's Top Trainer it is extremely good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the particular e-book. You can more very easily to read this book from your smart phone. The price is not very costly but this book possesses high quality.

#### **April Hanson:**

What is your hobby? Have you heard that question when you got pupils? We believe that that problem was given by teacher to their students. Many kinds of hobby, All people has different hobby. So you know that little person just like reading or as studying become their hobby. You should know that reading is very important along with book as to be the issue. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You will find good news or update about something by book. A substantial number of sorts of books that can you go onto be your object. One of them is this The Action Hero Body: The Complete Workout Secrets from Hollywood's Top Trainer.

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