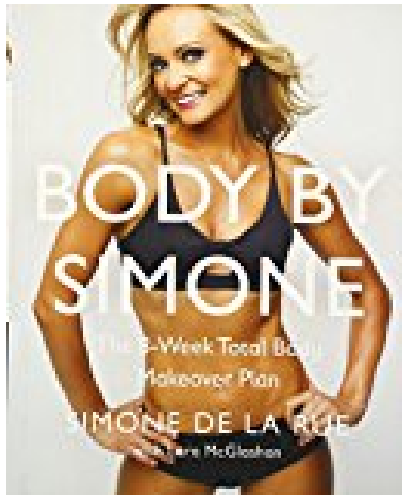


# Body By Simone The 8-Week Total Body Makeover Plan

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## BOOK DETAILS

- Author : Simone De La Rue
- Pages : 256 Pages
- Publisher : Harper Wave
- Language : English
- ISBN : 0062269356

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## BOOK SYNOPSIS

In *Body By Simone*, Simone De La Rue, the personal trainer for some of the hottest bodies in Hollywood, shares her fitness secrets and teaches women how to achieve an A-list body using her fun and unique strength training and cardio workouts. Considered the "next Tracy Anderson," Simone De La Rue has created a total body workout—a unique fusion of Pilates, bar method, strength training, and cardio dance moves—for women looking to lose weight, tone up, change up their routine, lose baby weight, or exercise while recovering from an injury. Her workouts are fast-paced, fun, and targeted for the muscle groups women most want to tone: arms, abs, glutes, and thighs. Filled with nearly 200 gorgeous color photos, *Body By Simone* features Simone's eight-week plan that incorporates her dance-based cardio workouts and signature strength training moves. Here are workouts for all levels—beginning, intermediate, and advanced—and a self-assessment test to choose the right plan for you. Simone offers a breakdown for each week and a schedule for each day, including an overview of the week's goals and challenges. Each week builds on the next to keep you challenged and engaged, and see the results you want. To boost weight loss and metabolism as well as naturally detox the body, Simone also provides a 7-day kick-start cleanse complete with recipes for simple meals, juices, and smoothies.

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