



LL Cool J's Platinum Workout

LL COOL J, Dave Honig, Jeff O'Connell

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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

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From reader reviews:

Ella Cook:

In this 21st millennium, people become competitive in every single way. By being competitive at this point, people have to do something to make these individuals survive, being in the middle of often the crowded place and notice by surrounding. One thing that at times many people have underestimated the idea for a while is reading. Yep, by reading a reserve your ability to survive enhance then having chance to stand than other is high. In your case who want to start reading a new book, we give you this particular LL Cool J's Platinum Workout book as starter and daily reading e-book. Why, because this book is usually more than just a book.

Evelina Lewis:

A lot of people always spent their very own free time to vacation or even go to the outside with their family members or their friend. Did you know? Many a lot of people spent their free time just watching TV, or playing video games all day long. In order to try to find a new activity this is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you just read you can spend 24 hours a day to reading a e-book. The book LL Cool J's Platinum Workout it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to create this book you can buy the particular e-book. You can more simply to read this book out of your smart phone. The price is not too costly but this book offers high quality.

Christian Robbins:

Playing with family in the park, coming to see the coastal world or hanging out with pals is thing that usually you may have done when you have spare time, in that case why you don't try factor that really opposite from that. One activity that make you not experiencing tired but still relaxing, thrilling like on roller coaster you have been ride on and with addition of knowledge. Even you love LL Cool J's Platinum Workout, you are able to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang type is it? Oh come on its mind hangout folks. What? Still don't buy it, oh come on its called reading friends.

Isaac Lewis:

Some people said that they feel weary when they reading a guide. They are directly felt the item when they get a half parts of the book. You can choose the actual book LL Cool J's Platinum Workout to make your own reading is interesting. Your skill of reading proficiency is developing when you such as reading. Try to choose straightforward book to make you enjoy to learn it and mingle the opinion about book and reading through especially. It is to be initially opinion for you to like to open up a book and study it. Beside that the e-book LL Cool J's Platinum Workout can to be your brand-new friend when you're feel alone and confuse in what must you're doing of that time.

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